

LAB

**PROJECTS TO IMPROVE CONFIDENCE,
EMPLOYABILITY SKILLS & WELLBEING**



Wherever we are in life, LAB tools can enhance our way forward and give a stepping stone to progress a little or a lot. I really wish I'd done it years ago.

Online LAB learner

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ABOUT OUR PROJECTS

Proper Job Theatre Company was established in 1985 as a touring theatre company. We still hold true to our beginnings in drama and theatre, which continue to influence all our projects. Our courses all have their roots in creativity, which makes the learning fun and active.



Our learners are not expected to be interested in drama or even want to be involved with anything to do with theatre; we offer everything through our 'Challenge by Choice' model, where we invite everyone we work with to choose to actively take part in order to improve themselves.

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PROJECT

THE LAB PROJECT is a two-week course that improves confidence and helps people make connections with the ultimate aim of moving people towards employment. The project has been running successfully since 1993 and focuses on improving communication skills and other skills transferable to any employment situation. Learners completing the accredited LAB project can gain a level 1 in progression. All learners are contacted 6 and 12 weeks after completing the course to see if they need any additional support.



This is the best thing to do if you're at a point in life where you're not sure what you're doing or are struggling. It really builds confidence and helps you to understand yourself and others better.



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WELLBEING

LAB WELLBEING is designed to help people with mild to moderate mental health conditions. We have structured the course on *New Economics Foundation's 5 Ways to Wellbeing: Connect, Be Active, Take Notice, Keep Learning and Give*. Learners also benefit from being with like-minded people and peer support.

LAB Wellbeing is often the first steps to a more positive and brighter future.



The sessions are really useful and appreciated because they helped me plan my future and deal with any obstacles that may come up.



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VOLUNTEERING

We recognise how important volunteering is to progressing people into work, as a way of staying connected and improving mental health. To this end we offer our volunteering course, which gives learners all the skills they need to successfully volunteer with any organisation. We will also help each learner find a volunteering position that suits them.



After being a participant and volunteering on The LAB Project I have gained a new sense of who I am and what I'm capable of. My confidence increased immediately and I have gone on to do other training and volunteer work with Lifeline Kirklees as a Community and Recovery Champion.



LAB LIFE

LAB LIFE is our newest course designed as a fun and practical way to help with the day-to-day costs of living. We look at saving money around the home, easy ways to budget when shopping, how to cook cheaply, best ways to travel, and many other easy to access money saving ideas. LAB LIFE will also connect you to many other local services.



The course has made me learn without realising it – the way its structured, such as doing a game or activity – it's all linked. Thank you for everything you have done for me. I have never had so much support.



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ONLINE

One thing we learnt from the pandemic is that we can run all our courses online. Since then, we have continued to offer this - all of our courses can be accessed from home.



I didn't have proper broadband before, but I got it installed and this is the first time I've got properly involved in the internet. I feel like now is the time to learn and these sessions have motivated me to do that.



LAB TASTERS

We appreciate that you might want to try out some of our activities before you commit to a course. Therefore, we offer short taster workshops where you can drop in and see how we work. We run taster workshops on the last Friday of every month in Huddersfield, however, if you would like us to bring our workshops out to you, we would be more than happy to do this.

BESPOKE TRAINING PACKAGES

With nearly 40 years of experience under our belts, Proper Job are happy to offer bespoke training solutions for your staff. These are developed in partnership with your organisation and designed to fulfil focused and specific needs of your organisation.

Topics we have previously been asked to cover:

**BUILDING TRANSPARENT, HONEST
AND HEALTHY RELATIONSHIPS**

AUTHENTIC LEADERSHIP

**TEAM DYNAMICS & CHARACTERISTICS:
BELBIN, MYERS BRIGGS AND BEYOND**

MANAGING IN DIFFICULT TIMES

SOME OF OUR PREVIOUS CLIENTS INCLUDE:



Kirklees Council
Senior leadership
team for Growth &
Regeneration



Manchester Council,
Adult Education Team



Kirklees Libraries



UnLtd
The Home
of Social
Entrepreneurs



Department
for Work &
Pensions



ELIGIBILITY & CONTACTS

To be eligible for our course you need to:

- Be 19+
- Have a Manchester, Calderdale or Kirklees postcode

Our courses will help you if:

- You are looking to make a change
- You are stuck in a rut
- You suffer from mild to moderate mental health conditions, such as mild depression or anxiety
- You have challenges you wish to overcome
- You would like to connect with other people
- You would like to improve your self-esteem and motivation
- You would like help to progress onto employment, volunteering or other progression routes



If you live in KIRKLEES or CALDERDALE, contact:

engagement@properjob.org.uk

07716 638 757 / 07716 615 312 / 01484 514 687

If you live in MANCHESTER, contact:

labmanchester@properjob.org.uk / **07754 854 528 / 07716 638 754**

For BESPOKE TRAINING enquires contact:

chloe@properjob.org.uk / **07970 112 712**

For GENERAL ENQUIRIES contact:

mail@properjob.org.uk / **01484 514687**

SOCIAL IMPACT

AS A RESULT OF THE SESSIONS:

91%

of participants move from inactivity to employment, education or volunteering

94%

of participants say the LAB has changed their lives in a positive way

84%

say they would recommend Proper Job to a friend

87%

of participants report a positive change in their wellbeing

34%

of participants are from black and other minority backgrounds

FOR EVERY £1 SPENT ON OUR COURSES, WE GENERATE £29 OF SOCIAL IMPACT

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Proper Job play a crucial role in achieving better health outcomes for participants of their projects, particularly around improving their resilience and emotional health and wellbeing. This contributes to the goals of the local Health and Wellbeing Strategy which are improving health and reducing inequality. Proper Job are a hugely valuable resource for our residents.

PROPER JOB



As well as our adult education courses, Proper Job tour theatre productions that inspire and challenge. We seek to make work that comments on society, provokes discussion and change. We specialise in the Russian theatre technique developed by Meyerhold early in the 20th century; Theatrical Biomechanics which we use to create dynamic and visually stunning work.



Proper Job are also proud to support emerging artists wherever possible through our many projects, offering free rehearsal space and one to one mentoring.

For more information:

www.properjob.org.uk/current-productions

www.properjob.org.uk/biomechanics

[PROPERJOB.ORG.UK](http://www.properjob.org.uk)