

Contact to sign up or refer:

- ManchesterLAB@properjob.org.uk
- 07754 854 528

(Learners need to register before attending)

LAB

LEARN | ACHIEVE | BELIEVE

Creative, short courses and sessions with ongoing support, to help learners build confidence and skills for their next steps into voluntary or paid work, or just feel more positive within themselves.

“The LAB has given me confidence, self-belief, and a lot of hope for my future.”

Course Details:

LAB Life - Personal Wellbeing and the Cost of Living

Induction: Monday 3rd November, 12-2pm

Course: Tuesday 4th - Friday 7th November, 10am - 3.30pm

Location: Brunswick, M13

Plus: £25 voucher, up to £5 travel expenses per day.



LAB Life was developed as a fun and collaborative course, where learners can share tips and advice about how to keep their bills down, maximise their budget and also ensure they are enjoying life and looking after their wellbeing, despite the cost of living.

Upon completion, learners will receive a certificate of achievement, support to next steps and a £25 gift voucher to say well done for having taken part.

Up to £5 per day/£25 per week is available to refund travel expenses - keep tickets/receipts.

**Contact Engagement Team for more details, refer or sign up:
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