

THE **STEP UP** **PROJECT**

The Step Up project will work with African and African-Caribbean men aged 30-45 who live in Lewisham. This is available to men who would like to develop new networks, increase skills and confidence to enter training and employment.

Where: **2000 Community Action Centre**
199-201 Grove Street Deptford SE8 3PG

Start date: **Thursday 12th January 2012**

Sessions:

Attendees are expected to attend 4 three hour sessions over 4 weeks:

Start time: 10am or 2pm slots

*** Lunch will be served between 1pm and 2pm ***

Numbers: Limited to 12 per slot, so book your slot fast!

- Literacy & ICT
- Workforce development
- Health and Well being workshops
- 1-2-1 support and goal setting
- Participants to undertake volunteering opportunities

TO BOOK: If you are interested as a participant or have a group and/or individuals who you would like to attend, **please email** T4HprojectsAD@gmail.com and/or ring 07972 276 944 asking for **Maurice Kennedy** to get more information and register.

www.T4H.org.uk

