

**Press release**  
12 June 2007  
For immediate release

## **New free 'Stepping Stones' short courses offered to boost job prospects and self esteem**

People looking for a job or further education, or who just want to feel more confident about their skills and potential, are being offered a series of free short courses in Cambridge by Red2Green, one of the county's leading charities <sup>(1)</sup>.

The charity is organising the series of 12 courses (run over 6 weeks) <sup>(2)</sup> because it knows that people can find it daunting or difficult to break into the job market or get into further education, either because their skills need updating, they lack confidence or because employers have been unable to see past a disability.

Samantha Sherratt, Red2Green's Deputy Chief Executive, said: "The aim of the sessions, which we're calling Stepping Stones, is to help people feel positive about themselves. We can help them assess their strengths and weaknesses, and their readiness for the job market or further education. Through the classes we can help people with the mechanics of job searching, writing their CV and applying for vacancies, and then prepare them for what is expected of them once they are in work".

Experienced tutors will be on hand to give advice and guidance during the sessions, as appropriate, and will be offering the opportunity for one to one advice during an 'open house' which will follow each session.

Samantha Sherratt adds: "Anyone can take part; you can attend all the sessions, or dip in and choose which suit you best. There are no long enrolment forms, no screening, and definitely no costs involved. Just join in".

The courses are funded through Cambridgeshire Adult Learning Partnership's Adult and Community Learning Development Funding.

The sessions are being run on Tuesdays and Fridays from 22 June to 31 July in the Maxsted Room at Citylife House in Sturton Street (by the Grafton Centre in Cambridge). The classes are from 11am until 2pm. People wanting more information can call 01223 811662 or visit [www.red2green.org](http://www.red2green.org).

ENDS

**Notes to editors:**

<sup>(1)</sup> Red2Green runs projects across Cambridgeshire providing leisure, educational and work opportunities for over 600 people with a wide range of disabilities and those facing disadvantage, including mental health problems, learning disabilities, sensory impairments, physical disabilities and social communication disorders.

<sup>(2)</sup> The full list of sessions, and dates, is:

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|---|--------------|
| 1. Choose your attitude (positive thinking)   | Fri 22 June  |
| 2. You can do it (assertiveness)  | Tues 26 June |
| 3. Train your brain (learning styles and brain exercises)   | Fri 29 June  |
| 4. Know what you're good at (identifying your skills)   | Tues 3 July  |
| 5. Job searching  | Fri 6 July   |
| 6. Selling yourself 1 (CVs)   | Tues 10 July |
| 7. Selling yourself 2 (Personal applications and application forms)   | Fri 13 July  |
| 8. Better letters   | Tues 17 July |
| 9. Winning interviews   | Fri 20 July  |
| 10. Your working life (official regulations, including health and safety and equal opportunities, and unwritten 'rules' of the workplace) | Tues 24 July |
| 11. Looking the part (dressing for interviews and work)   | Fri 27 July  |
| 12. 'Meet the bosses'   | Tues 31 July |

- A flyer advertising the workshops is attached.
- To arrange an interview with Samantha Sherratt, Red2Green's Deputy Chief Executive, call 01223 811662

**ENDS**

**Red2Green**

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Registered charity no: 1112429

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