

# Prudhoe Unemployment Support Group

**Every Friday 10am – 3pm  
Spetchells Centre**

## **We offer:**

- Access to online job search
- Support with developing an individual action plan to help you move closer to employment, looking at areas such as writing CVs, preparation for interview, and core work skills such as communication, IT and numeracy
- Help finding further training, volunteering opportunities and work experience.
- A simple free lunch (choose before 11am on the day)
- Help with travel expenses
- A chance to meet new people
- Training sessions focused on searching for jobs, health and wellbeing

**All delivered by friendly staff in a supportive atmosphere.**

**For more details contact: Julia Plinston:**  
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