

Offering support to those who are:

- ✓ **Living in County Durham**
- ✓ **Over the age of 25**
- ✓ **Out of work**



Call us today to begin making a real difference to your life!

**01207 524 833**

- Instagram: @reachingoutacrossdurham
- Facebook: @reachingoutacrossdurham
- Twitter: @roaddurham



The ROAD Partnership is funded by the UK Government through the UK Shared Prosperity Fund.

## What is ROAD?

Reaching Out Across Durham (ROAD) is a partnership of voluntary and community sector organisations who want to make a real difference to the lives of those in County Durham aged 25+ who are not currently in work:

### Where we work?



- Access to a range of training and vocational courses to help you increase your skills
- Guidance, support and advice tailored to you to help you make positive changes
- Support that is tailored to you and around your schedule

"Volunteering increases my sense of worth..."

"I now want to go out. Not long ago I didn't want to leave the house..."

"I am making informed, healthy choices..."

## What does ROAD offer?

### Health & Wellbeing

- Developing coping skills and relaxation techniques
- Learning to think positive
- Eat and cook healthier
- Improve mobility
- Build confidence

### Finance & Digital

- Learn how to budget and use online services
- Shop smart and get the best online deals
- Learn to safely use the internet
- Benefits entitlement

### Employment

- Access to Training
- Job search and interview techniques
- Create or update your CV

### Volunteering

- Create a greater sense of well-being
- Gain new experiences and skills
- Develop your confidence
- Meeting new people

Reduce Isolation



Enhance Life Skills



## Unlock **your** potential

Get in touch today by calling **01207 524 833** or texting **07860 853 945**, you can also email **road@groundwork.org.uk** or visit our website: **www.reachingoutacrossdurham.co.uk**



By scanning the QR code, you can refer via ROAD's online form.