



Thank you for your interest in the 'Next Steps' mentoring programme delivered by Open Hands Trust. The course aims to equip unemployed individuals with skills to become more work ready through a friendly and informal Thursday lunch club. The programme runs for 8-10 weeks from the charity's Support Centre (Highfield Street, Leicester, LE2 1AB).

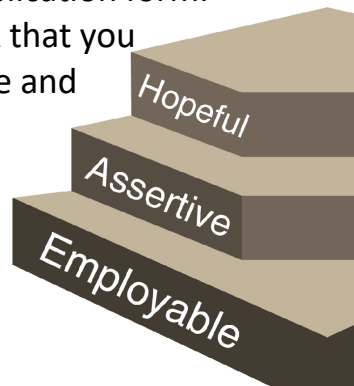
**The programme includes:**

- ◇ Teaching on topics such as: moving forward, self-esteem, handling stress, anger management, developing resilience, assertiveness, employability and forming healthy relationships
- ◇ A hot pie lunch (provided for free to participants each week)
- ◇ An opportunity to receive one-to-one support through a mentor meeting with you 3 times during the course
- ◇ An opportunity to gain work experience and a reference to take with you to a potential future employee

To apply for a space please complete an application form. As there are limited spaces available we ask that you consider if you are able to commit your time and effort to the programme before applying.

When we receive your application, we will arrange a time to meet you to check that the course is suitable for your needs.

**We hope to see you soon!**



**NEXT STEPS APPLICATION FORM**



Name: .....

Address: .....

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Telephone number: .....

Email: .....

Preferred Contact Method:  Post  Phone  Email

Why would you like to attend Next Steps?

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I consent to Open Hands retaining my details for use regarding access to their services and the Next Steps programme.

Signed: ..... Date: \_\_/\_\_/\_\_\_\_

Please return this form to: **Open Hands, Trinity Life Church, Upper Tichborne Street, Leicester, LE2 1GL**  
or scan & email a copy to: [admin@openhandsleicester.org.uk](mailto:admin@openhandsleicester.org.uk)

