



Building skills and employability

- Do you live in Nottingham City?
- Are you currently not in receipt of benefits that require you to seek work?
- Would you like to improve your confidence?
- Would you like to get back into employment?

GROW is an exciting programme aimed at helping individuals to improve their confidence and wellbeing, build everyday essential life skills and start thinking about a journey towards employment.

With a range of fun and interactive group sessions and one-to-one support, participants can choose from a menu of activities to help their confidence and independence.



The GROW project can be accessed by anyone living in Nottingham City who is not in employment and not in receipt of any benefit that requires an individual to seek work (Economically Inactive).

This project is funded by the UK Government through the UK Shared Prosperity Fund.

To make a referral please visit our website:
www.frameworkha.org/grow

