

Are you ready to take the next step into work or training?

If you're 29+ and out of work, we can provide free 1-1 support to move you closer to work in areas such as:

- Health and wellbeing
- Money worries
- Work or volunteering placements
- Job skills such as CV writing or computer skills

We can also provide free childcare whilst you are on programme*

*Subject to eligibility



Step forward, get support, create change & thrive

Phone:

Hartlepool: 01429 363 108

Darlington: 01325 525 100

Stockton: 01642 607 028

Middlesbrough: 01642 245 895

Redcar & Cleveland: 01642 681 785

Email:

Stepforward@humankindcharity.org.uk

Visit:

sfteesvalley.co.uk

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Step Forward Tees Valley is funded by the European Social Fund and The National Lottery Community Fund

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