

Free Accredited Courses and Support

During the current measures that have been put in place to deal with Covid-19 we would like to inform you that the CYFLE CYMRU team are still working hard delivering a 1:1 mentoring and employment support service via email or over the phone.

The service provided ranges from direct contact over the phone with clients who, due to the current situation may be struggling more than usual with their mental health or dependency issues. We offer a friendly ear and advocacy with signposting and help where needed.

**Have you ever had, or still have mental health issues, (this can be anything from mild anxiety to severe mental illness) or substance use issues, which include alcohol, illicit substances and/or prescription medication?
If the answer is **yes** and...**

You are unemployed aged 25 or over, claiming benefits, or are between the ages of 16 to 24 and not in employment or education and looking to improve your prospects of entering employment either now or when the current situation changes — why not use the time wisely and obtain some **free accredited work related courses?**

The courses can be accessed on your phone or from home if you have Internet access and take between 20 and 40 minutes to complete.

Or, if you need any other support, we are a mentoring service that can offer 1-1 contact, (via telephone at the moment) and we can help find solutions to make sure that you are engaging with the services that best suit your needs.

Free accredited courses available are:

- COSHH (Control of Substances Hazardous to Health)
- Drug and Alcohol Awareness
- Food Safety (Level 1)
- Health and Safety Basics,
- Manual Handling,
- Mental Health Awareness,
- Customer Service
- Safeguarding Vulnerable Adults
- Food Allergy Awareness
- Food Safety & Hygiene (Level 2)
- Moving & Handling People
- Privacy and Dignity in Care
- Slips, Trips & Falls
- Time Management
- Stress Awareness



We Are Still Here for YOU!!

Are you Looking for Support with Entering Employment? Our
Employment Specialists Will:

Provide you with Information on Realistic and Practical Career Goals,
Help you Build an Effective CV and Support you Through the Application
Process.



During these Difficult Times, Cyfle Cymru is still Supporting People aged
16-24 or 25+, who have or have had Mental Health and/or Substance Use
Issues and are Unemployed, in Receipt of either JSA, ESA, Universal
Credit or PIP or Not in Receipt of Benefits

For Further Information and Support Call:-

Rob - 07458 017540 (Bridgend)

Mel - 07458 017543 (Neath Port Talbot)

Sarah - 07458 017545 (Swansea)



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Out of
Work Service

Are You Looking to Return to Work?



Whatever field you are looking to work in, we can help!

Employment support to find the right role for you. Including help to write your CV and a covering letter, job searching and applications. Help with support to build confidence around the interview process. As well as a range of accredited courses to help develop your skills:

Food Hygiene Level 1 & 2

Health & Safety

Customer Service

Privacy & Dignity in Care

Moving & Handling People

Stress Awareness

Food Allergy Awareness

Time Management

Slips, Trips & Falls

Safeguarding

COSHH

Mental Health Awareness

Drug & Alcohol Awareness

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Interested in a Career in Hospitality?



We Have Free Accredited Courses in:-



Food Safety and Hygiene (Level 1 and 2)



Time management



Food Allergy Awareness

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Are You Looking to Work in Admin?



We can help with employment support to find the right role for you. Including help to write your CV and a covering letter, job searching and applications.

As well as a range of courses to help develop your skills:

We Have Free Accredited Courses in:-



Customer Service



Time management



Health & Safety

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Are You Looking to Work in the Third Sector or Become a Key Worker?



We can help with employment support to find the right role for you. Including help to write your CV and a covering letter, job searching and applications.

As well as a range of courses to help develop your skills:

We Have Free Accredited Courses in:-

Mental Health Awareness

Stress Awareness

Drug & Alcohol Awareness

Safeguarding

Health & Safety

Time management

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