

March Newsletter



Breaking barriers to employment with the **Restart Scheme**

Read about the amazing work we've been doing alongside our partners on the **Restart Scheme** delivering our **accredited programmes** and **mentoring**, supporting people seen as being the least likely to achieve outcomes into employment.

[Read More](#)



Kind Regards, Intuitive Thinking Skills

Our **Kind Regards** programme is designed to improve **self-control** through **education** and **skills**, helping people who have difficulty controlling **emotional and physical responses** to life's challenges. The course was written following a request to us from the **Head of Violence Reduction** at the prison for support in reducing violence in the prison wings.

Read more about how we initially launched this programme and the success that followed.

[Read More](#)



The power of **change**

"I am **happier** and **healthier** than I have been in a long time. My relationships are stronger, home life has become more stable and secure. I spend more time with my family and friends and have lots of plans for the future. I am now also debt-free.

With the right support and determination, you can change and you can get through this, you just need to believe."

[Read More](#)

Join our Team!

[Check out our latest job vacancies](#)



Follow Us!



You are receiving this email as you signed up for our newsletters.

Want to change how you receive these emails?

You can [Unsubscribe](#) or [Update your preferences](#)