

# Launch Pad Extra

*Helping you, Helping your community*

"Do you wish to enhance your future prospects of employment and build your self-esteem?"

Then visit or call us and speak to one of our experienced training consultants who will provide practical advice and guidance.

We deliver quality training/workshops on:

Support with finding and getting a job online

Building your self-esteem and confidence

Support with CV writing & job applications

Gaining work experience and/or employment

Workshops including Yoga, Exercise and Life Skills

Pain Management, Gardening & Intergenerational Workshops



Programme led by Adult Training Network in partnership with local community providers and funded by Big Lottery Fund.



This programme is being conducted in the West London area.

relations  
 communication **network**  
**Reaching Communities** organization  
 culture **community** work  
 persons social common entity **service**  
 virtual **values** local Community Cohesion  
 identity



To find out more about how we can help, you and your community can call our team on 020 8574 9588 / 020 8561 3131 or drop in to one of our locations:

Adult Training Network  
 Unit 3, Triangle Centre  
 399 Uxbridge Road  
 Southall. UB1 3EJ

Adult Training Network  
 1st Floor, Warley Chambers  
 Warley Road  
 Hayes. UB4 0PX

Mael Gael  
 Norwood Hall  
 Norwood Green Road  
 Southall. UB2 4LA

Sunrise Tamil Community  
 Centre  
 63 Delamere Road  
 Hayes. UB4 0NB