

Mrs L visited ATN in July 2018. Prior to visiting ATN, Mrs L was facing many barriers in life including low self-esteem and depression. Another barrier that was effecting Mrs L was her low level English language skills. In addition to this, Mrs L has been unemployed for a number of years and was finding it difficult to obtain a suitable job especially since she did not have a CV. As ATN offers a Skills Support for the Unemployed programme, Mrs L was advised to enrol on the programme where she completed several modules which included Preparation for Work, Customer Service and a Health and Social Care course. Mrs L also successfully completed several courses including Functional Skills Mathematics, Functional Skills English and ITQ. By completing these courses Mrs L improved her self-esteem and became more confident within herself and her abilities. Due to her perseverance and the support she received at ATN, Mrs L had overcome her barriers of learning and depression. Mrs L was also successful in finding paid employment as she secured a job whilst also continuing her learning at ATN.