

The 'All About Me' project is funded by the European Social Fund and the National Lottery Community Fund.

“It felt like it was impossible. I didn't feel like I could”

A lady joined us on our six week 'All About Me' course looking at barriers preventing participants from moving closer to work.

She had a difficult personal situation and was in a new town where she didn't know anyone. She felt low, motivation was difficult and she had no confidence in herself or her ability. The course gave her support and socialisation at a time when she needed it. She also made a friend and they have become a support for each other.

After the course she decided to continue on a one-to-one basis with one of our BBO coaches. “It gave me comfort, strength and a gentle shove to get me motivated.”

This lady used the encouragement of her coach and the new found motivation to start applying for jobs.

She is now employed and just recently been promoted to a contract role as a supervisor. She is enjoying the responsibility. Along with employment she has secured a safe and loving environment for herself and children. “It gives you a sense of purpose, being relied on and feeling worthy.”

This does not give this person justice. This lady has completely turned her life, self believe and self-worth around. As the lady said “It was invaluable”.