

# FIGHTING AGEISM

## FREE\* Employability Support for those over 40

\* subject to availability & eligibility

Answer YES to all the following questions and ring 020 8748 9898 to speak to Sylvia, Sally or Kate

Are you unemployed and wanting to work?

Are you born before 1968?

Are you on benefit: Income Support,  
Incapacity Benefit or ESA or  
Job Seekers Allowance?

Live in the London Borough of Ealing?

There are a range of structured Courses on offer;  
that aim to include a mixture of some / all  
of the following modules:

### PERSONAL DEVELOPMENT

- \*Life Mapping & Networks
- \*CV's & Interview Techniques
- \*Motivational Training
- \*Developing Strengths
- \*Financial Stocktaking
- \*Business Startup
- \*Skills Assessment & Action Planning
- \*On-line Job Search

### OCR ICT SKILLS FOR LIFE

- \*Introduction to Computers & Computing
- \*Learn how to use the Mouse & Keyboard
- \*Learn Desktop Publishing / Word Processing /  
Spreadsheets
- \*Learn how to do E-Mail
- \*Learn how to surf the Internet

Take that first important step NOW and let us  
help you on the road to success!!



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Tel: 020 8748 9898

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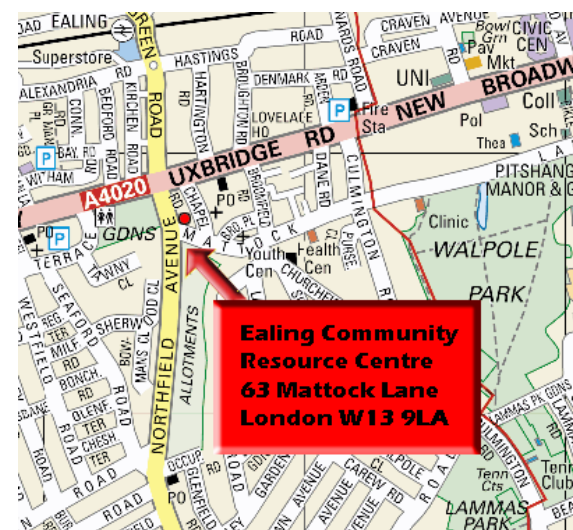
INVESTOR IN PEOPLE



Leading learning and skills



## How to find us.....



Ealing Community  
Resource Centre  
63 Mattock Lane  
London W13 9LA



### Class 1

Monday 25<sup>th</sup> January 2010 10-2 LMR

Wednesday 27<sup>th</sup> January 2010 10-2 SMR

Friday 29<sup>th</sup> January 2010 10-2 LMR

Monday 1<sup>st</sup> February 2010 10-2 LMR

### Class 2

Friday 5<sup>th</sup> February 2010 10-2 LMR

Monday 8<sup>th</sup> February 2010 10-2 LMR

Wednesday 10<sup>th</sup> February 2010 10-2 LMR

Friday 12<sup>th</sup> February 2010 10-2 LMR