



aspire
igen

LoneParent
Support



I AM THINKING
ABOUT GOING
BACK TO WORK

I'D LIKE TO DO
SOMETHING NOW
THE KIDS ARE AT
SCHOOL

Would you like to feel more confident on computers?

Are you a single parent and a Hull resident?*

* Subject to eligibility – aged 16 or over, with proof of identity and residential postcode

Would you like support that fits in with your family commitments?

Do you struggle to find somewhere to access computers with additional help?

If so, our Lone Parent Support programme may be just the thing for you!

Our programme will be tailored to your individual requirements and will include varying levels of support whether you are new to computers or confident using them but would like a little bit of support finding employment or courses.

Pop in to our Opportunity Centre in Ferensway, or call 01482 211 116 for an initial chat to find out how our friendly team can help you.

Alternatively, email us at loneparent@aspire-igen.com

I WANT
ME AND MY FAMILY
TO STAY SAFE ON
LINE

I NEED TO
UNDERSTAND MY
ONLINE BENEFITS
ACCOUNT



What does it involve?

- A part time programme up to 26 weeks
- One-to-one support from a mentor
- Access to computers and online courses to increase skills and confidence
- Help to get ready for work or volunteering
- Support writing CV's and cover letters
- Advice about training and courses

Benefits of the programme

- Personal support every step of the way
- Increased confidence using computers for everyday living
- Development of digital and employability Skills
- Flexibility to study in the Centre or at home
- Opportunities to spend time with other single parents



HOW DO I COMPLETE A JOB APPLICATION ONLINE

I'D LIKE TO VOLUNTEER SOMEWHERE

HOW DO I EMAIL MY CV AND A COVER LETTER?

HOW CAN I MANAGE MY MONEY ONLINE?