



European Union
European Structural
and Investment Funds

karbon
homes



Foundations for Life

Providing a strong foundation for life

Boost your essential skills

Helping you to reach your full potential

- **Over 25 and living in North Durham?**
- **Looking to improve those essential life skills and build your confidence?**
- **Want to boost your digital skills and make the most of being online?**

With all our sessions delivered virtually, whatever it is you set out to achieve, our experienced foundations coaches are here to help.



Foundations for Life can help you

Skills Foundations

- 121 tutoring and group sessions in practical Maths, English and reading
- Homework support sessions for parents
- Emotional resilience courses, building confidence, and reducing stress levels
- Work readiness sessions... confidence is all in the preparation!
- 121 or group sessions to learn essential life skills; such as getting good deals on your everyday bills, making your money work for you and cooking to your budget



foundations@karbonhomes.co.uk



0808 164 0111



www.karbonhomes.co.uk/contactffl

Digital Foundations

- Use your PC, laptop, smartphone or tablet
- Become more confident using the internet
- Stay connected with friends and family
- Save time and money online
- Foundations Support Fund to break down financial barriers in your way

Did you know?

With our digital device and data loan scheme, you can stay connected for as long as you're working with us

