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Foundations for Life

Providing a strong foundation for life

Helping you reach your full potential

# **Helping residents in Durham** reach their potential

Our team, made up of expert officers in Employment, Wellbeing and Money advice, is here to provide virtual, one-to-one, personalised support to help you on your journey into work.



foundations@karbonhomes.co.uk



0191 223 8750



## **Employment Foundations**

- Gain new skills and qualifications
- Find training opportunities
- Explore your strengths and identify jobs that match
- Digital support to help with online job searching
- Develop CV writing and job application skills
- Find work experience and volunteering opportunities
- Build interview skills and get help with preparing to start a new job
- Foundations Support Fund available to break down financial barriers in your way

#### **Life Foundations**

- Dedicated Wellbeing Coach
- Action plan to set goals and overcome barriers
- Hand holding support and coaching so you can achieve your goals - big or small!
- Motivation to improve your health and wellbeing and make the most of your community resources

### **Money Foundations**

- Dedicated Money Matters Caseworker to offer advice and support
- Complete Better Off calculations
- Support with benefit applications and appeals
- Debt and budgeting advice and support
- Guidance to help ensure a smooth financial transition into work
- Universal Credit check-up ensure your payments, claim and commitment are correct

# Did you know?



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