

**A Brighter  
Future & A  
Brand New  
You!**



**Are you currently out of work?**

Claiming JSA, Income support or  
ESA/incapacity benefit?

**intraining can provide all the help and support you  
need including:**

- Confidence and motivation
- Interview techniques
- CV writing
- Numeracy and Literacy
- Short cert courses (e.g. First Aid)

**Benefits you can receive include:**

- Childcare costs for lone parents
- Travel, lunches and refreshments
- £100 in vouchers for progression on to a  
jobcentre caseload
- Up to £100 in vouchers for progression into  
employment within 6 weeks of leaving the course

**INTRAINING LTD**

Telephone House, Upper Ground Floor,  
Fenton Street. Lancaster. LA1 1TE.  
Telephone; **01524 840952**

**Community Outreach: Becky 07968 475554  
Lisa – 07824646667**

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