



Foundations for Work is an exciting new community project funded by the European Social Fund and Cornwall Council. The project provides local help for local people by offering tailored, one-to-one support delivered by our highly skilled Work Mentors.

The service is FREE to anyone in the Cornwall area and seeks to empower clients with the self-belief, skills, motivation, and confidence to progress into employment, self-employment, or further training/education and build a brighter future for themselves.

Who do we help?

- People who are:
- Unemployed
 - On zero hours contact
 - Economically inactive

Testimonial

I was struggling to stay motivated. He helped to identify where I needed support. I want to thank the team, and I want to encourage anyone who is unemployed to seek out Foundations for Work, as they will help in any way they can to best suit your needs"
Dan



**Free, Help, Advice and Training
Talk to one of our team from the
North Cornwall office:**

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**Gary White - 07508 465177
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**Local Help
for Local
People**





foundations 4 work

local help for local people



How do we help?

- We offer individualised support by working with clients on a 1:1 basis.
- A trusting professional relationship is established with the client and potential barriers to employment are identified together.
- Support is given to build confidence, self-esteem and motivation.