

Over 50 and want to get back in work?

**No matter how long it's been,
it's not too late for a fresh start.**



Sometimes not having a job can lead to low motivation and feelings of isolation. We are here to provide practical support and help you make a plan tailored to your needs.

We can help you:

- **tackle barriers such as finances and wellbeing to give you peace of mind**
- **refresh your CV, focusing on your experience and transferable skills**
- **use a computer to search for jobs and apply online**
- **find suitable courses if you'd like to update your skills or train for something new**
- **find a volunteering role to build your confidence by helping others**
- **with practice interviews, so that you know what to expect.**

The Building Better Opportunities (BBO) programme offers free one-to-one support to help people gain confidence and overcome barriers to employment, education and training.



For free one-to-one support in Lancashire
Email: BBO@placesforpeople.co.uk
Call/text: 07484 911 486