

The Working Well Project Carlisle and Eden

WHAT MATTERS TO YOU?

WORKING WITH YOU TO

TAKE ACTION ON THE THINGS
THAT MATTER TO YOU

DEVELOP YOUR SKILLS AND
STRENGTHS

GET A JOB OR VOLUNTEER

CHANGE THINGS IN YOUR LIFE
OR YOUR LOCAL COMMUNITY



NATIONAL
LOTTERY FUNDED



European Union
European
Social Fund



First and foremost we will LISTEN

We would like to work with you to
unlock your potential

We are a project that empowers you

Carlisle

Sarah: 07976 020570
Kerry: 07526 167043
Jay: 07739 447942

Area Contacts

Penrith & Eden

Roger: 07795 800970
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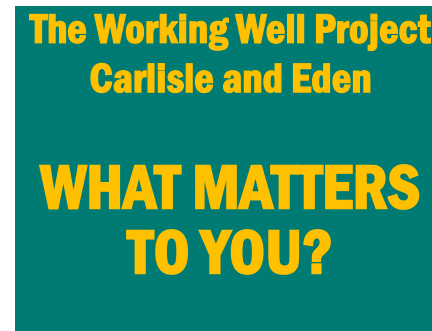
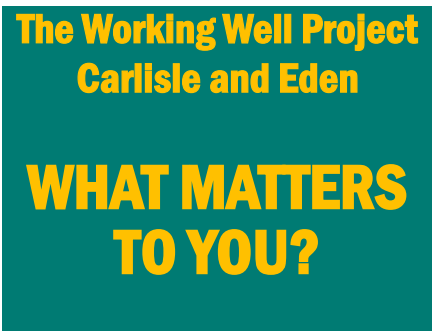
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Working Well is part of the Building Better Opportunities initiative which is funded by the Big Lottery Fund and the European Social Fund. We offer individual and group based packages and provide opportunities for participants to develop **confidence and skills** and **have time** to:

Connect – with family, neighbours and community.

Be active – do things, physical and mental.

Take notice – of the world around and how they are in it.

Learn – more about themselves and what they have to offer.

Give – put learning into action.

We hope being involved in the project will help you gain:

improvements in your health and wellbeing,
greater confidence in managing your finances,
a more active role in your community,
active engagement with employment or training,
ability and awareness of how to improve local service delivery.

Participation is voluntary.

You may be eligible if you are not currently in employment, education or training and you live in Carlisle and Eden districts.

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