



Caritas Confident Careers



Would you like to develop your confidence, practical skills and readiness for employment, volunteering or further learning?

Join the Caritas Confident Careers course

(Starts each term to reflect the needs of adults with caring responsibilities, health challenges or other barriers to participation).

Delivered thanks to support from the Manchester Adult Education Service.

Manchester Adult Education

Caritas
Diocese of Salford

CARITAS DIOCESE OF SALFORD
www.caritassalford.org.uk
0161 205 2754

lalleycentre@caritassalford.org.uk
@CaritasSalford
@CaritasSalford

@Caritas_Salford
@CaritasSalford

Charity number: 1125808

Initial assessment and personal action plan to help you achieve your future goals, with a selection of courses available which can be selected, including:



Be active:
Allotment and food-growing activities that develop teamwork, communication, planning, problem-solving and environmental awareness through practical learning;



Keep learning:
English language and communication sessions focused on workplace English, applications, interviews and everyday interactions;



Connect:
Wellbeing and resilience workshops that build confidence, motivation, self-management and readiness for learning or work;



Give:
Volunteering development opportunities, including safeguarding, health and safety and community engagement training, helping learners gain practical experience and employability skills;



Take notice:
'Living Here' sessions that increase knowledge of local services, opportunities and community resources while strengthening confidence and independence.

Start dates in November 2026, January 2027 and April 2027.
Open to anyone over 18 who is ordinarily resident in the UK.

Email: **lalleycentre@caritassalford.org.uk**
or telephone **0161 205 2754**