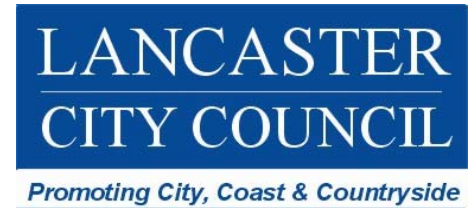


This Project is funded through the Lancaster District Local Strategic Partnership



Help us to support you in reaching your goals by calling:

01524 582000 and ask for the Integrated Support Team



Supporting People in the Lancaster & Morecambe District to reach their full potential.

**Positive Steps**

**FOR**

### **What is Positive Steps?**

A free and confidential service to help you achieve your goals. We will work with you on a one to one basis, providing help , advice and guidance to deal with any of the issues that prevent you from getting into work such as; housing, debt, training or simply building up your confidence..

### **How can we support you?**

We have experienced trained key workers who will take the time to get to know you and provide honest support that is tailored to your needs this could even be in your own home if appropriate. This support will help you to access the services that can make life easier for you or gain the help you need. Where appropriate we will even attend appointments with you. We will focus on what you can achieve and what is right for you putting positive steps in place.

### **Can anyone apply for this support?**

- Homeless
- People with learning/ physical disabilities
- Young People aged 16 or over including school leavers

- People with Mental Health/Health Issues
- Lone Parent Families
- Anyone living in the Poulton, West End, Westgate, Heysham North, Ryelands or Vale Areas within the Lancaster & Morecambe district.

### **Community Based Support**

Lancaster City Council has developed this service with the aim of helping people by offering regular, planned and practical support. You will have a personal keyworker who will meet with you where and when you choose and as often as you need. They will provide you with one-to-one support and complete a support plan which will be agreed with you.

This support provided includes:

- Access to basic skills training including confidence building
- Access to computer and other IT Skills
- Training and further Education courses
- Day to day living skills, to improve access to community activities
- Assistance with access to training and education
- Volunteering
- Job application /CV writing

- Interview Skills

We can also offer specialist support in other areas such as:

- Benefit advice (including how your benefit may be affected if you sign up for training or work
  - Housing Issues
  - Health issues
- Drug/Alcohol Issues

### **Contact details**

For further details on:

- Referrals
- Making an appointment, or
- Just for more information, please contact:

Debbie Dewhirst (Project Manger)

Tel (01524) 582677 / 07920766796

Email [ddewhirst@lancaster.gov.uk](mailto:ddewhirst@lancaster.gov.uk)

**To speak to one of our Keyworker:s**

**Please contact** Claire, on

Morecambe Town Hall Marine Road,  
Morecambe, LA4 5AF

Tel (01524) 5822679 / 582675

Email [ccrook@lancaster.gov.uk](mailto:ccrook@lancaster.gov.uk)