

## Who #WorkItOut can support

- 16-25 year olds who are homeless or in danger of becoming homeless, and have been referred to First Housing for housing support
- Those who wish to engage in education, skills development, employment opportunities and training, or complete existing courses

## The #WorkItOut programme

- “ Improved the skills I needed for the workplace  
Helped me create a more positive mind-set, so I can live a healthier lifestyle  
Helped me to get the training I needed  
Built up my confidence and self-esteem  
Helped me progress on to further education ”



## Meet the Team



Emer McDaid  
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## Get in touch

If you're interested in getting involved, send a private message to the Work It Out Project at First Housing Facebook page or email a member of the team.



Work It Out Project at First Housing

#WorkItOut is funded by the National Lottery Community Fund and delivered by First Housing in partnership with Business in the Community Northern Ireland.

# Wio

# WORK IT OUT



Big plans for your future? Together, we can work out how to make them happen.

Through the #WorkItOut programme, our team can support and empower you to make choices about your own future, by providing guidance and opportunities that will help you do whatever it is you want to do.



#WorkItOut is led by you and aims to empower you to achieve what you want for your future.

## We offer:

- One-to-one support from our team
- Training opportunities to develop experience
- Guidance on education and courses
- Mentor support from local business
- Employment opportunities



“ #WorkItOut has helped me massively. The team gave me the right support and guidance to pursue my career in barbering. I am now qualified and currently a student doing my level 3. I can't thank everyone enough for everything they have done to allow me to become the better person I am today. ”

Rebecca Bishop, #WIO participant

## We can help you to:

- Identify your strengths and needs in relation to education, employment and training
- Let you know about the employment, education and training opportunities available to you
- Strengthen your experience during employment and training through positive work initiatives that will be flexible to meet your needs
- Improve health and wellbeing
- Enhance your skills and improve your self-esteem and confidence through the mentoring process

“ Being a mentor has been a great experience. I meet my mentee for an hour every month for a coffee and a chat, it's something I look forward to! ”

Carla Devine, #WIO mentor and owner of Soul Coach



# #WorkItOut