



**MORE
POSITIVE
TOGETHER**

IMPROVING LIVES - INCREASING PROSPECTS

Free support in Preston to improve your health and wellbeing, skills and employment prospects.

More Positive Together is a Lancashire-wide European Social Fund project helping residents to move closer to achieving their personal goals and improve the quality of their lives.

You receive one-to-one tailored support from our MPT mentor who will work with you to develop your personalised plan.

Examples of areas we can help with include:

- Improving confidence
- Developing IT skills
- Support with your benefit claims
- Education and training opportunities
- Accessing sport and community activities
- Volunteering and work experience
- Preparing for work, including CV help, assistance with job applications, interview skills
- Finding the right childcare provision

For more information call **01254 238 533** or email: 1stcall@onward.co.uk quoting 'MPT Preston'

Onward



European Union
European Structural
and Investment Funds



**Active
Lancashire**