



## Case Study

**Chantelle Landman**

*Voluntary and Community Action*

“*The project has helped me see that I am not alone and there is lots of help available to me. The world now doesn't seem so daunting.*”

Chantelle Landman

**Project:** Community Grants

**Location:** Central Bedfordshire

**Outcome:** Gained confidence to take up employment

Voluntary and Community Action provides support to the people of Central Bedfordshire through Information, Advice and guidance (AIG) sessions. The Springboard for women returners programme supports women who are not in employment but are looking to get back into work. It receives funding from the Community Grants project, which is managed by TCHC and financed by the European Social Fund.

Chantelle Landman heard about the programme through her local newspaper, where she read an advert asking if she was looking to get back into work. She had not worked for five years and felt out of touch with the outside world. She was scared of this change in her life and lacked confidence. Because Chantelle was a full time mother and wife, she did not believe that she could work. However, she realised that the programme would give her the necessary skills to get back into work.

The programme began with a pre-course Information, Advice and Guidance (AIG) session and subsequently took place one day a week for six weeks, with each session lasting five hours. Its structure made things manageable for her as she was able to juggle the course quite easily with her family. The learning topics covered things like benefits, job and training information, help with CVs and covering letters, preparation for interview and one-to-one support and guidance. Chantelle found these things extremely useful as she did not know much about applying for jobs previously.

She took part in the programme with other women who were in a similar position to her, which meant that the participants could bounce ideas off each other. Her input has benefited other women and vice versa. The programme has helped her see that she is not alone and that there are many options available to help people get back into work. Suddenly the world is a much less daunting place and she has now gained the confidence to take every opportunity that comes her way!

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