

For further information, please feel free to contact  
**Tracey** our Development Manager on

**twskills@gmail.com**

or send a message on our **Facebook** page.



**Charity Number:** 1166652

**Registered Number:** 9128221

**Address:** Birtley Harris Bank Family Hub, Harris Bank,  
Birtley, DH3 2LN



## Information

Skills 4 Work is a small charity, based in Birtley, that supports young adults from across Gateshead with a variety of learning needs and are aged between 18 to 30 years. They benefit from support by an experienced staff team and peer mentors.

## Employment Support

We run 2 weekly group sessions to prepare you for the world of work. Our sessions are run by a qualified tutor with an extensive background in creating bespoke action plans to support your employment choices, and also 1-1 support.

Sessions run on a  
**Monday.**



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## Internal and External Work Placements

We offer weekly work opportunities for you to demonstrate your existing skills to local employers or explore your interests via our own internal placements connected with our charity and community lunches supported by experienced staff at all placements.

Placements run on a  
**Wednesday.**



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## Health and Wellbeing

We currently run 2 sessions per week connected with positive wellbeing. We run a weekly walking/social group which undertakes a small walk facilitated by 2 staff members, followed by a social activity.



We also offer a weekly gardening session.

Currently offering advice and support related to a healthy lifestyle, based at the Mount Community Gardens

Sessions run on a **Tuesday.**

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## Stronger Communities

We currently run Community Lunches for the local residents.

Group members run and review these lunches, supported by 2 staff members



Sessions run on a **Wednesday.**

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## Parent Networking Group & 1-1 Support

Offering informal group meetings and 1-1 support on a variety of topics.