

New 2009
programmes



MARKS &
SPENCER

Are you a lone parent?
Want to return to work?

Would a package of

- three-day work preparation training...
- combined with a two-week work experience with Marks & Spencer help you to reach that goal?



MARKS
& START

If the answer is yes, call
One Family on 01 662 9212 or
email info@onefamily.ie

Business in the
Community AWARDS
2006 ✓
Example of Excellence for Employability

onefamily
Voice | Support | Action
for One-Parent Families

in association with

Gingerbread
Single parents, equal families

Lone parents returning to work

Marks & Start gives the opportunity of work experience to people of different ages and walks of life, helping them get ready to access the world of work.

Marks & Spencer is working in partnership with One Family and Gingerbread to deliver 'Lone Parents Returning to Work' as part of Marks & Start, its flagship Corporate Social Responsibility Programme.

We recognise the importance lone parents place on giving time to bringing up their children and the challenges of combining parenting with paid work.

We also know that, for many, employment is a positive choice and their best chance of a better future for themselves and their children. Lone Parents Returning to Work aims to ease the transition into work by preparing lone parents and ensuring they know about all the support that could make it possible. This

programme is available for mothers or fathers who want to get back into work.

Lone Parents Returning to Work offers:

A three-day work preparation training course (within school hours), tailored for lone parents, including:

- confidence building, employability skills, communication, work-life balance;
- information for lone parents about childcare options; and
- referral to organisations who can offer help and advice.

Plus:

- induction training with Marks & Spencer;
- two-week work experience placements, flexible, to fit around school hours;
- buddies – support during placements for lone parents;
- meals, travel costs and uniform provided; and
- support – each participant will have access to support via One Family before, during and after their placement, including a telephone helpline.

We'll also ensure every participant has a strategy and action plan when they leave, which includes links to local agencies for employment and further training and guidance.

How lone parents will benefit:

- Our programme will help lone parents make an informed decision about whether returning to work is right for them.
- It will also prepare lone parents for the world of work and refer them to jobs or other training opportunities.

Locations

The programme will be running on 2nd-19th June and 8th-25th September at six Marks & Spencer stores in the Dublin area:

- Grafton Street
- Mary Street
- Liffey Valley
- Blackrock
- Blanchardstown
- Tallaght

Who can join the programme?

Lone parents with children of school age or younger who have been out of the job market and are actively considering returning to work. Candidates must be eligible to work in Ireland and would be subject to Marks & Spencer selection criteria.

How do you join?

Call One Family on 01 662 9212 or email info@onefamily.ie. We expect demand to be high, so do hurry.