

# Working4Lone Parents

Are you a lone parent thinking about going back to work? Unsure of whether work is right for you?

**Join Rachel on Thursday 19th September from 10am-12pm**

Find out what jobs fit your circumstances and what jobs and careers best suit your personality and characteristics.



**Thursday 26th of September from 10am- 12pm**

Consider budget and cost saving tips and how to improve your wellbeing on a budget.

**Receive a complimentary £10 shopping voucher each time you attend in thanks for your time.**

**ASPLEY ASPIRATIONS**

**Aspley Children Centre, Minver Crescent, Aspley, Nottingham,  
Nottinghamshire, United Kingdom, NG8 5PJ**



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To find out more about FareShare Midlands, visit

<https://www.faresharemidlands.org.uk/employability-programme/>

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