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# LifeSkills

Join us for some **FREE** online LifeSkills sessions focussing on:

**Keeping Safe Against Cybercrime**

**Thur 16 April**  
10.30am–12pm

**How You Can See The Benefits of Lifelong Learning**

**Thur 23 April**  
12pm–1.30pm

**Planning Your Personal Budget**

**Thur 30 April**  
3.30pm–5pm

**Finding Better Work Opportunities**

**Thur 7 May**  
10.30am–12pm



Book each session by clicking on the links above, or for more information about any of the sessions please email [Angelina.Vigurs@family-action.org.uk](mailto:Angelina.Vigurs@family-action.org.uk)

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These sessions have been commissioned by:





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# LifeSkills

## Join us for a **FREE** online LifeSkills session focussing on **Keeping Safe Against Cybercrime**

This module will focus on how individuals can keep their finances safe online by protecting their personal information and recognising risks of fraud, scams and identity theft.

By the end of the module learners will be able to:

- Identify ways to stay safe online and protect themselves from the most common types of fraud, scams and identity theft
- Understand their digital footprint and why putting too much information online can increase their security risk
- Understand where to go for support and advice should they be worried they have been a victim of fraud, scams or identity theft

**Thursday**  
**16 April**  
**10.30am –**  
**12.00pm**



**Click [here](#)** to book your place on the session, or for more information email **[Angelina.Vigurs@family-action.org.uk](mailto:Angelina.Vigurs@family-action.org.uk)**

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# LifeSkills

## Join us for a **FREE** online LifeSkills session: How You Can See The Benefits of Lifelong Learning

This module will help learners to think about their own attitude to learning and consider how they might want to learn now and in the future. The skills learnt in this module could be used to support someone starting their own business; someone learning more manual skills to take their career in a different direction; or someone learning new skills in order to move into a different industry such as the hospitality or care sector.

By the end of the module learners will be able to:

- Think about their own personal attitude to learning – both now and in the past.
- Identify the benefits of lifelong learning, in terms of increasing confidence and self-esteem, becoming less risk averse and more adaptable to change in the workplace, as well as helping them to achieve a more satisfying personal life.
- Consider how they might want to learn now and in the future, and what kind of learning they feel ready for.

**Thursday**  
**23 April**  
**12.00pm –**  
**1.30pm**



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# LifeSkills

## Join us for a **FREE** online LifeSkills session focussing on Planning Your Personal Budget

This module will help learners identify their sources of income and understand how to create a budget which tracks their income and expenditure.

By the end of the module, learners will be able to:

- Identify their sources of income.
- Understand how to create a budget that tracks income and expenditure.

**Thursday**  
**30 April**  
**3.30pm –**  
**5.00pm**



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# LifeSkills

## Join us for a **FREE** online LifeSkills session focussing on Finding Better Work Opportunities

This module will support learners who are in paid employment to seek out better work within their current company or industry, whether by increasing their pay, finding more flexible or satisfying work, job security, or locating opportunities for professional development.

By the end of the module learners will be able to:

- Understand their priorities in terms of improving their work circumstances.
- Identify the skills they've learned/gained within their current role and how these skills can be transferred to a new role or job application.
- Understand how personal experience can also be used to highlight transferable skills
- Understand how to identify and assess new opportunities for development or change

**Thursday**  
**7 May**  
**10.30am –**  
**12.00pm**



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