

# We'll help you into work one step at a time



+ Build confidence

+ Training/CV/Qualifications

+ Help with childcare

+ Help with expenses

+ Gain employment

# We know how it is. You want to get on with your life, but it seems like there are too many obstacles in your way.

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MPT can help you deal with all the things that are stopping you getting into work.

Perhaps you'd like to be more confident? Or need advice about how to manage your life so that you can work.

From practical stuff like filling in forms, applying for benefits, finding training courses or going for interviews, to emotional support, encouragement or just being there when you need us, we're here for you.

There's no catch, and no obligation. All you need to do is talk to us.

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## Contact Team MPT for one to one help and support

Call us on 01253 477920  
or email [mpt@bch.co.uk](mailto:mpt@bch.co.uk)

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