For further information please contact us on:
Tel: 028 9035 6600
Email: stride@usel.co.uk
Usel, 182-188 Cambrai Street, Belfast, BT13 3JH
/uselcompany @usel182

STRIDE

Support & **T**raining to **R**ealise **I**ndividual **D**evelopment & **E**mployment

Belfast City Council

Supported by Mid & East Antrim Borough Council

Derry City & Strabane District Council
Comhairle Chathair Dhoire & Cheantar an tSratha Báin
Derry Cittie & Stràbane Destrick Cooncil

Department for the Economy
www.economy-ni.gov.uk

Department for Communities
www.communities-ni.gov.uk

Antrim and Newtownabbey Borough Council

European Union
European Social Fund
Northern Ireland

Armagh City Banbridge & Craigavon Borough Council

This project is part funded through the Northern Ireland European Social Fund Programme 2014 – 2020, the Department for the Economy, the Department for Communities, Belfast City Council, Derry City & Strabane District Council, Armagh City, Banbridge and Craigavon Borough Council, Mid & East Antrim Borough Council and Antrim & Newtownabbey Borough Council

STRIDE

CAN WE HELP YOU?

- Unemployed?
- Living with a disability or health condition?
- Want help to get work?

Championing Ability

www.Usel.co.uk

Usel.

IS STRIDE FOR ME?

What is STRIDE?

SUPPORT and **T**RAINING to **R**EALISE **I**NDIVIDUAL **D**EVELOPMENT and **E**MPLOYMENT is a project to help people living with a **disability** or **health condition** who are out of work move towards **paid employment** or **further education**.

What can STRIDE offer me?

As part of the project you can benefit from help in the areas of:

- Job Searching
- CV Completion
- Job Applications
- Interview Skills
- Qualifications for Work including Essential Skills
- Work Experience
- Getting a Job
- Support In Work
- Health & Wellbeing Support
- Meet New People

Travel and Childcare Assistance Available

REFERRAL FORM

If you would like further information on how to access this project or would like to refer someone please complete the details below and send to STRIDE, USEL, 182-188 Cambrai Street, Belfast, BT13 3JH
You can also email stride@usel.co.uk or call 028 9035 6600

Name

Address

Postcode

Telephone

Mobile

Email

What is the best way to contact you?

Phone ○ Text ○ Email ○

When is the best time to contact you?

Morning ○ Afternoon ○

☐ **Please tick** if you would like to be kept updated with news about Usel's range of products and services