

Work
experience



One-
to-one
information
and advice



Do you need help to find a job?

Support
to create a
great CV



Help
with
interview
techniques

Access
to
employer
vacancies

Training



Are you eligible?

To be eligible for the **Outreach East project** you need to be:

- 19 or over **and**
- Not on another employment programme **and**
- In **one** of following groups:
 - Unemployed for more than 6 months continuously if you are under 25 **or**
 - Unemployed for more than 12 months continuously if you are over 25 **or**
 - Economically inactive, which includes looking after family and/or home, studying part-time or having retired

Get in touch!

Contact a provider that covers the borough where you live.

RedbridgeCVS

Redbridge

020 8514 9912, 020 8514 9927

Gingerbread

Working with single parents

Redbridge, Havering, Waltham Forest, Newham

07580 834310, 020 7428 5434

DABD

Barking & Dagenham, Havering, Waltham Forest

020 8215 9770

Adult Training Network

Waltham Forest and Newham

020 8556 6558

Harmony House

Barking & Dagenham

020 8526 8200

East Thames

Newham

020 8522 2221

St Mungo's

Working with homeless people

Newham, Waltham Forest, Redbridge

020 7902 7948,

preventingpoverty@mungos.org

Ellingham

Working with disabled people

Redbridge, Waltham Forest, Newham

020 8519 5234,

07946 732806

Madas

Providing mental health support

Barking & Dagenham, Havering, Waltham Forest

020 8514 9912, 020 8514 9927

Hope4Havering

Working with homeless people

Barking & Dagenham, Havering

01708 226 972

contact@hope4havering.org