



Building Better Opportunities is funded by the European Social Fund and The National Lottery Community Fund and we are now expanding our ways of working to include even more people, especially those who don't feel comfortable going out right now.

We offer personalised support to people who are unemployed or who have depression, anxiety, learning difficulties brain injuries, mental health difficulties or autism.

Our project is run both face to face at FACET in March and online through a variety of platforms.

It is entirely free of charge to people who are socially, economically or educationally disadvantaged looking for support to move forward with their lives in the direction of their choice. Individuals choose if they wish to attend in person or engage with the project online using video chat, phone calls and online sessions.

For more details take a look at our website www.facet.org.uk/BBO or contact Richard Carrier or Helen Curtis-Bridges on **01354 655080**
Richard.carrier@facet.org.uk
helencurtisbridges@gmail.com