

## ***Keep On Moving***

***Keep On Moving*** is a 20 month project from Innovate Trust designed to help people with a work limiting health condition to develop their confidence and **Keep On Moving** towards gaining independence.

This can be achieved in many ways and means different things to different people. We will work closely with each person to achieve their personal goals.

We will provide Advice and Guidance to help steer you in the direction you want to move towards, and everything we do will be person centred to your needs.

### **Your Advisor promises to:**

- Give you relevant Advice and Guidance.
- Help with IT Skills (e.g. send / receive emails and upload CVs)
- Offer training courses (Work Relevant and Accredited).
- Help identify volunteer placements (supported if required).
- Drop-in groups to gain confidence skills.
- Find training groups suited to your needs.



For more information please call our Innovate Trust office in Cardiff on 02920 382151 where one of our Advisors will be happy to help.