

W DUNBARTONSHIRE PROJECT SEARCH NEWSLETTER



Spotlight of the Week: Meet Our Support Workers: Guiding the Journey Forward

We're excited to introduce Lorraine and Zoe, our fantastic support workers who have been key to creating a welcoming and productive environment for our participants. From offering guidance during workshops to providing one-to-one support, their contribution has made a real impact.

Find out more about them on page 2.

HEALTH TIPS

Simple Ways to Reduce Stress
Feeling overwhelmed? Try these calming techniques shared by our participants:

- Take deep breaths – slow, steady breathing helps relax your body and mind.
- Listen to soothing sounds – music, rain, or a crackling fire can shift your focus and ease tension.
- Distract the stress – give your mind a break by enjoying something peaceful or familiar.

Even a few minutes of calm can make a big difference.

This Week's course Highlights: Team Building, time management and career exploration

This week, our employability group took part in a series of engaging workshops focused on time management, goal setting, and career exploration. Participants learned practical techniques for organising their day, setting achievable goals, and identifying career paths that align with their strengths and interests. The sessions sparked thoughtful discussions and helped build confidence in planning for the future. Manage time more effectively.



Clydebank Town Hall Visit: Jobs and Local History



Participants recently visited the Clydebank Town Hall Job Fair, connecting with employers and training providers across sectors like construction, retail, and care. They received helpful advice on local opportunities, with many signing up for follow-ups.



After the group had lunch, they explored the Clydebank Museum, learning about the town's shipbuilding past and the iconic Singer sewing machine factory. The visit sparked great conversations.

It was a valuable day of networking, learning, team building, and a great opportunity for participants to engage with their community and local history.



