

## Alison Bourke-Brown



**Alison is from the Kursaal Ward  
and is mum to Ruby, aged 2**

“I have attended a few of the ABSS Work Skills sessions and I have to say they’re excellent, for several reasons.

Firstly, they’re really insightful and informative, providing a realistic snapshot of an industry or profession and how to get in to it.

Secondly and very importantly, the workshops make mums with young children feel recognised, see their potential and believe in their futures in the working world. I am now working part-time after a very long and exasperating job search.

The A Better Start Southend workshops definitely contributed to help me persevere and keep trying. The fact that childcare is provided for the sessions is massive - I, like many women, have no help with this and I simply wouldn’t have been able to attend without this provision. These workshops really are an invaluable community tool and long may they run.”

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**For more information about A Better Start Southend Work Skills  
Visit: [www.abetterstartsouthend.co.uk](http://www.abetterstartsouthend.co.uk)  
Call: 01702 215022 or Email: [economicd@southend.gov.uk](mailto:economicd@southend.gov.uk)**