

## Ellen Ofori



**Ellen is from the Milton Ward and is mum to twins, Nina and Mina**

*“Attending the sessions took me out of possible isolation”*

“After four years of taking a career break to take care of my children, I lost so much confidence in myself and even though I have always had it at the back of my mind that sooner or later I would have to go back to work, the thought of it all made me very anxious. Attending the various sessions organised by the ABSS Work Skills team, I have gained so much confidence and the motivation to start volunteering and thinking about looking for work within the next three months.

It has also given me the opportunity to socialise and make new friends. Attending the sessions took me out of possible isolation. The crèche has been brilliant as it prepared my girls for nursery. They always enjoyed the sessions and knowing that they were in good hands helped me to settle and enjoy the sessions. I have already recommended the sessions to other parents and will keep doing so.”



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