

## Lisa Kamara-Martin



**Lisa is from the Victoria Ward and is mum to Heath aged 3, and River**

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“I have really enjoyed attending the Work Skills events, they have given me useful information about a wide range of jobs and careers I would never have thought I could access, and my confidence in how to find a job has improved.

The events have had a positive impact on me because I have learnt new skills from attending the groups, such as the food hygiene course. I also found the Mind and assertiveness groups very helpful. This has had a positive impact on my children as I am more hopeful and confident about the future.

I am planning on going back to work when my youngest is in school, and I have a clearer idea on which direction to go thanks to ABSS Work Skills. I would definitely recommend the sessions, I personally liked the food hygiene course as it is really interesting and helpful, I also liked the assertiveness sessions, it was really helpful to learn skills I can use for future employment and at home.

I feel very lucky to have been involved in the Work Skills project. Lucie and Amir have been brilliant and are very supportive, and I hope it will continue to help parents in the future.”

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**For more information about A Better Start Southend Work Skills  
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