



CAS PROGRESSION PATHWAY

Your Journey of Support and Empowerment

Start Here

- Visit Our Hub
Walk in and meet our friendly team.
- Tell Us Your Needs
We're here to help, no matter your situation.

Access Immediate Needs

- Hot meals, food parcels & clothing.
- Help with forms, GP registration, and local services.
- Emergency crisis support.

Build Confidence and Skills

- Learn English with our **ESOL class**.
- Improve Digital Skills with our **ICT workshops**.
- Get help with CV writing & interview prep.

Get Practical Advice and Support

- Immigration Guidance
- Housing and Benefits Advice
- Referrals to other agencies.

Take Care of Your Wellbeing

- Mental Health Support:
Mindfulness sessions, group talks, and counselling
- Social Activities:
Join cooking, arts, or wellness workshops.
- Peer-Led Groups
Share experiences and support one another.

Connect with the Community

- Attend our cultural workshops & events
- Reduce isolation through befriending & peer support groups.
- Fun children's activities during school breaks

Contribute and Thrive

- Volunteer with us & gain new skills.
- Mentor others and inspire change.
- Help shape projects and make a difference.

Achieve Independence and Integration

- Employment:
Transition into work or further training
- Full Community Participation:
Engage with local life and contribute.
- Life Fulfillment:
Live your best, purposeful life.

A Pathway of Support

"No matter where you are on your journey, Caring and Sharing Rochdale is here to guide you, support you, and celebrate with you. Together, we make a positive difference in our community."