

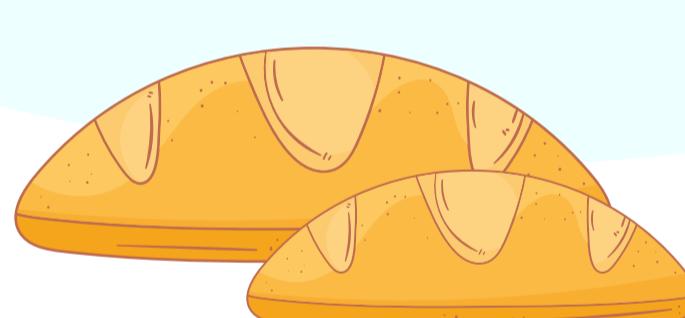


# CAS PROGRESSION PATHWAY

## Your Journey of Support and Empowerment

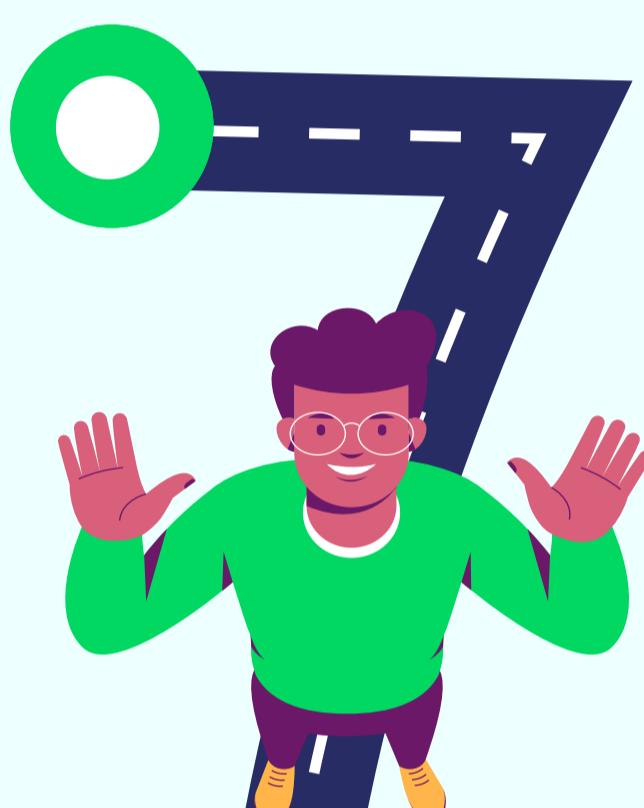
### Start Here

- 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

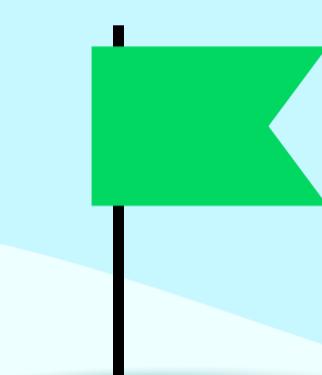
- Hot meals, food parcels & clothing.
- Help with forms, GP registration, and local services.
- Emergency crisis support.



### 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.

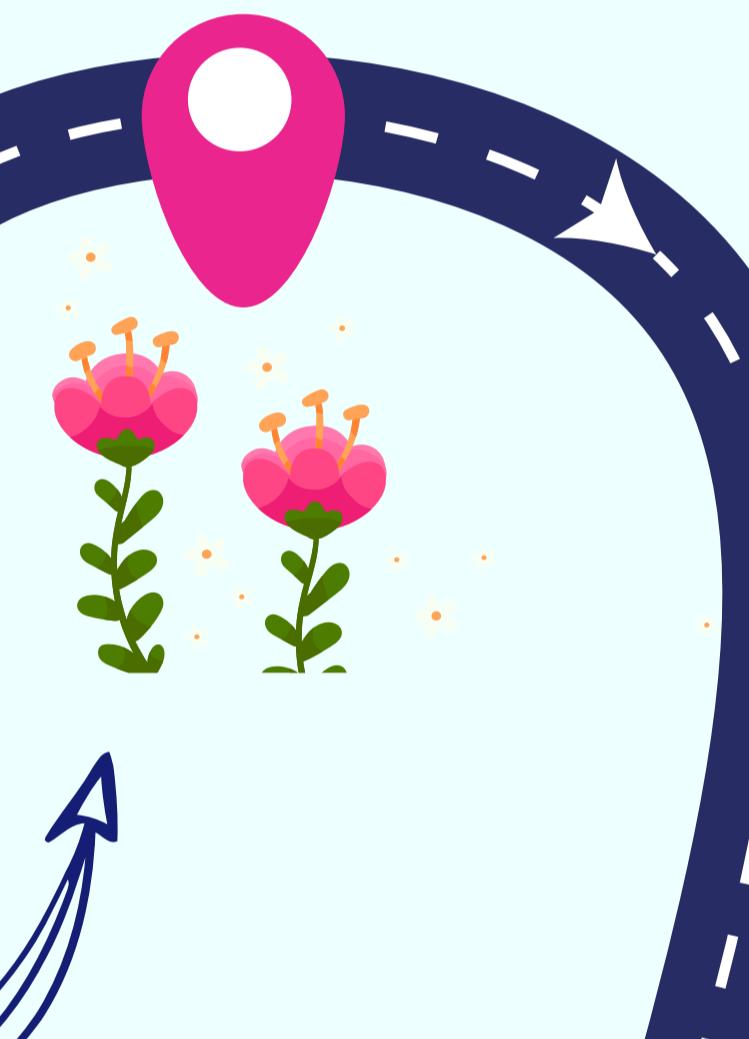
# CAS PROGRESSION PATHWAY

## Your Journey of Support and Empowerment

### 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.

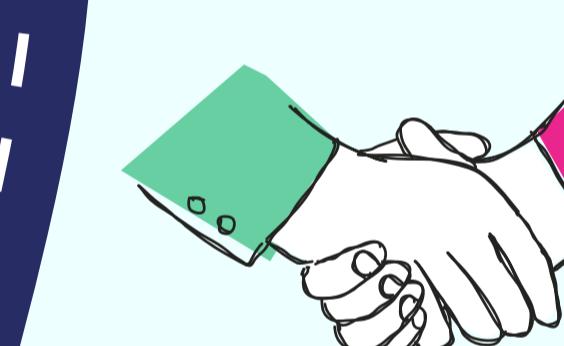


### Connect with the Community



- 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.

### 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."

### 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.

