



Case Study

CWRC
Future Options

Project: Community Grants
Business Sector: Voluntary and Community
Location: Cambridgeshire

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Laura
Community Grants participant

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Cambridge Women's Resources Centre (CWRC) was founded in 1982 and aims to provide a responsive programme of learning and support, meeting the identified needs of women in and around Cambridge.

The project Future Options offers unemployed women in Cambridge and Peterborough an individualised programme of group workshops and one-to-one assessments designed to prepare them for volunteer placements. It works with them to identify and access appropriate volunteer placements relevant to their employment goals.

Laura Snead who participated was made aware of the project through Ama at CWRC. She was feeling lost about the future and had always fancied the idea of volunteering but did not know how to go about it.

She wanted something that meant she could try new things so attending the project seemed like the right step and she was pleasantly surprised. Laura says Future Options has given her more focus and direction by creating short term and long term goals.

Overall Laura felt the programme allowed her to reevaluate the future and regain the motivation to achieve what she wants to. Interacting and engaging in a group environment was the most essential part of her development and she feels that this was the biggest step; coming out of isolation.

Laura is now taking every day as it comes and building her confidence in group situations everyday and actively looking for employment.

Community Grants is a programme is financed by the European Social Fund and the Skills Funding Agency.

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