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# “Real People Real Progress

It’s time to make a **change** in  
your life and to make things  
**better** for yourself.

I took the **advice** and **support**  
I needed and it made a big  
**difference** to how I now live”

Winners of the 2005 Institute of Careers Guidance Award

One of the judges comments:

“Excellent innovative integrated approach for adults in a vulnerable position”

## What is Starting Over?

Starting Over is a voluntary programme that aims to support adults with a history of substance misuse into constructive activities, education, training and employment.

Our success can easily be measured with 70% of our clients entering into employment, training or education. Of these, around 90% go on to sustain their employment or complete their training.

## Here’s what we can **help** with...

### Jobs & Training

Vocational training courses  
Voluntary placements  
2 week work placement & training  
through BITC

### Careers Help

Specialised careers advice  
Job search  
CV preparation  
Interview techniques

### Advice

Housing  
Benefit issues  
Debt advice & support

### Support & Self Help

Linking with Probation  
Support for the first 3 months of  
employment  
1-2-1 support for up to a year

### Financial Help

Funding for interview clothes  
Funding for tools/clothing  
to start employment  
Travel vouchers for training courses  
or when gaining employment

## Client’s comments:

“More than anything Starting Over is a **friendly place** I can visit any-time. Just being able to talk to people is great for me. I have settled in Sheffield as a result of their **brilliant support**”

"Staff are always approachable, friendly, supportive and helpful. I would **recommend anyone to this service**, when you are down and really want to change your life for the better"

“I found the staff very helpful and co-operative. Very helpful service for me and would be for others in need of help towards job prospects and training. **Very pleased overall**”

“I don’t feel you can improve on the **first class service** you already provide. I found it personal, friendly and extremely helpful. **Many thanks** for everything you have done for me. Will keep in touch”

"What Starting Over does is **amazing**. Really helps to get back into a normal life"

Starting Over is a Multi-agency partnership  
between Sheffield Futures and Jobcentre Plus