W DUNBARTONSHIRE PROJECT SEARCH NEWSLETTER



Spotlight of the Week: Meet Our Support Workers: Guiding the Journey Forward

We're excited to introduce Lorraine and Zoe, our fantastic support workers who have been key to creating a welcoming and productive environment for our participants. From offering guidance during workshops to providing one-to-one support, their contribution has made a real impact.

Find out more about them on page 2.

HEALTH TIPS

Simple Ways to Reduce Stress
Feeling overwhelmed? Try these calming techniques shared by our participants:

- Take deep breaths – slow, steady breathing helps relax your body and mind.
- Listen to soothing sounds – music, rain, or a crackling fire can shift your focus and ease tension.
- Distract the stress – give your mind a break by enjoying something peaceful or familiar.

Even a few minutes of calm can make a big difference.

This Week's course Highlights: Team Building, time management and career exploration

This week, our employability group took part in a series of engaging workshops focused on time management, goal setting, and career exploration. Participants learned practical techniques for organising their day, setting achievable goals, and identifying career paths that align with their strengths and interests. The sessions sparked thoughtful discussions and helped build confidence in planning for the future. Manage time more effectively.



Clydebank Town Hall Visit: Jobs and Local History



Participants recently visited the Clydebank Town Hall Job Fair, connecting with employers and training providers across sectors like construction, retail, and care. They received helpful advice on local opportunities, with many signing up for follow-ups.





After the group had lunch, they explored the Clydebank Museum, learning about the town's shipbuilding past and the iconic Singer sewing machine factory. The visit sparked great conversations.

It was a valuable day of networking, learning, team building, and a great opportunity for participants to engage with their community and local history.

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This month, we're shining a spotlight on Zoë and Lorraine support workers with West Dunbartonshire Council's Working4U team.



Meet the Team: Zoë from Working4U

Zoë plays a key role in supporting participants through Project Search and brings energy, and dedication .

🔹 Do you enjoy your job?

"I love my job," Zoë says, and it shows in her positive attitude and commitment to helping others.

🔹 Where do you see yourself in 5 years?

"Still doing the same job in the same environment and people." Her passion for the role is long-term.

🔹 What attracted you to this role?

"Job security and the type of work," she shares, valuing stability and purpose.

🔹 How have you found working with Project Search?

"I've enjoyed it, learned a lot, and received positive comments." Zoë's support has made a real impact.

Outside of work, Zoë has a fun and creative side:

🎶 Dream concert?

A 6-hour Taylor Swift headline show!

🌍 Dream holiday?

A tour around Italy and Fiji.

🎬 Favourite films?

Stardust, A Cinderella Story, and How to Lose a Guy in 10 Days.

🐾 Favourite animal?

The adorable Red Panda.



Meet the Team: Lorraine from Working4U

Lorraine, a dedicated job coach with an incredible 40 years of work experience. Her passion for helping young people shines through in everything she does.

💬 Why did you become a job coach?

"I wanted to help young people." Lorraine's motivation comes from a genuine desire to make a difference in the lives of others, especially those just starting out in their careers.

🐾 What are your hobbies?

"I enjoy dog walking, catching up with friends, and watching films." Lorraine values time outdoors and staying connected with loved ones, which helps her maintain a healthy work-life balance.

📈 How's the course going?

"I think the course is going very well." Lorraine has seen real progress in participants and enjoys being part of a team that supports growth and learning.

🌟 What's your dream job?

"A support worker." Lorraine's dream aligns perfectly with her current role, showing her deep commitment to helping others thrive.

🕘 Favourite part of the day?

"Project Search meetings." These sessions give Lorraine the chance to connect with participants, share ideas, and support their development.

CELEBRATING AUTUMN THROUGH THE LENS

As autumn arrives with its golden colours and crisp air, our participants wanted to mark the change in season creatively. Inspired by the beauty of nature, our group of photographers headed out to Levengrove Park to capture the essence of autumn.

From vibrant leaves to peaceful paths and soft skies, their photos reflect the calm and colour that this season brings. It was a chance to slow down, enjoy the outdoors, and connect with the environment in a meaningful way.

I think you'll agree, the photographers did an amazing job!

All images were taken within the Levengrove Park area, showcasing the natural beauty right on our doorstep.

A big thank you to Brandon and Alan for taking the time and effort to capture such fantastic pictures. Your creativity and eye for detail have brought autumn to life in this issue.









Get Involved!

We're always looking to build meaningful connections with individuals and local organisations who share our passion for inclusive employment. Whether you're an employer, community partner, or someone who simply wants to support our journey, we'd love to hear from you.

If you're interested in getting involved, please contact us — together, we can make a real difference.

Email:projectsearch@westdunbarton.gov.uk