

# NEED A JOB? UP FOR A CHALLENGE?

# SHK

SCHOOL OF HARD KNOCKS

Creating futures **Changing lives**

FOR  
WOMEN

## GET FIT! CHANGE YOUR LIFE! GET A JOB!

- Won't Affect Your Benefits
- Free Kit & Lunch Provided
- Expert Coaching For Any Ability
- Extensive Training & Support For Your Job Search
- Fitness & Rugby Training
- Gain qualifications at SVQ level 4



Call Calum on  
**07825 918 105**

email: [calum@schoolofhardknocks.org.uk](mailto:calum@schoolofhardknocks.org.uk)

or: [rosa@schoolofhardknocks.org.uk](mailto:rosa@schoolofhardknocks.org.uk)

**TAKE CONTROL OF YOUR JOB SEARCH!**  
**NO PRIOR FITNESS OR RUGBY EXPERIENCE NECESSARY**

[www.schoolofhardknocks.org.uk](http://www.schoolofhardknocks.org.uk)

# COURSE DETAILS...

# SOHK

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## TESTIMONIALS

"I have never played Rugby before. This course taught me the discipline and skills for Rugby and the advice and learning side was straightforward and very useful. This course earned me a qualification and helped me get a job after being unemployed for over 2 years. It is also great fun and I met great people."

Joe, 52 from Edinburgh 2017

"Loved, loved, loved it. Got fitter, got confident. Made friends and had a laugh. Rugby playing and job finding DO go together! Would attend again in a heartbeat. The staff are dedicated, I advise you to attend and do this for you - what have you got to lose!"

Paulette 55, Edinburgh 2017

"The course has been amazing and I've loved every second of it, even when being pushed to my fitness limits. I was unemployed when I started but now have 3 jobs and am going to join a rugby club. Have made so many amazing friends and feel a lot more confident"

Nat, 23 Edinburgh 2017

## INFORMATION

### Where does the course take place?

Spartans Community Football Academy, Ainslie Park Stadium, 94 Pilton Drive, EH5 2HF

### What do I need to bring?

We will provide travel expenses, breakfast, lunch and specialist rugby kit. You need to bring some comfortable clothing to train in and trainers.

### How long is the course?

Seven weeks - Every Tuesday and Wednesday from 19th February to April 3rd - from 9.45am - 2.30pm each day.

### What happens?

We have breakfast and then train. After training we spend a couple of hours working towards qualifications and helping you search for work and make positive changes. We'll enjoy a hot lunch and we'll finish the day by spending another hour training together.

### What is the aim of the course?

The main aim of this course is to help you make positive changes. We will review your CV, give you one-to-one advice and take time to get to know you to ensure we can help you the best we can.



Here for good.

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