

About the Restart Programme

The Restart programme was originally developed in Northern Ireland during the EU EQUAL Programme. Initial research conducted by an EQUAL cross-sectoral Partnership in NI revealed that while most lone parents not in work, wanted to return to work they often faced a complex combination of personal and structural barriers which made this very difficult. These obstacles included: low self-esteem; a lack of affordable childcare; fear of moving off benefits; the need to update skills and gain work experience; and the challenges of balancing the demands of working and family lives.

Restart has already been successfully adapted and piloted in Italy, Poland, Cyprus and Norway and the Restart 2 Project will adapt it for use in Germany and Lithuania.

The Partnership, which included Gingerbread, the Northern Ireland Department for Employment and Learning and the University of Ulster, pooled its expertise to develop the innovative 'Restart' programme. This is a unique accredited employability support programme combining: group work, individual life coaching, a work placement, practical help with CVs and job applications, with advice on personal finances, childcare and transport issues.



gingerbreadni
supporting one parent families

Possibilities NI
Consultancy
Mentoring
Training

Department for
**Employment
and Learning**
www.delni.gov.uk

die-chancegeber.de



For more information about the Restart 2 Project and the situation of lone parent families in Europe please visit:

www.restart2.eu



Lifelong
Learning
Programme

About Restart 2

The Restart 2 Project aims to transfer the Restart training programme to partners in Lithuania and two regions of Germany.

The innovative Restart programme was developed in Northern Ireland with the aim of supporting lone parents to enter the labour market. It uniquely combines one to one coaching with group based learning and a work experience placement. This approach has proved highly successful in helping lone parents who take part to build confidence and overcome personal barriers to ease the transition to work.



Building upon the success of the original Restart Project (2010 – 2012) our ultimate aim is to create an accredited employability programme which is widely available in a number of Europe languages. In addition, we aim to create links to ECVET, thus enabling transparency of qualification and mobility for all Restart participants. Both Restart and Restart 2 have been developed through the EU Leonardo da Vinci programme as Transfer of Innovation projects.



About the Project

Restart will be exported to partner countries using a five step process:

1. Research into the situation of lone parents and employment in each country;
2. The establishment of cross-sectoral Stakeholder Forums of policy and practice experts in each importing country to support the transfer;
3. Adaptation, translation and accreditation of the programme;
4. Piloting the programme with a group of lone parents in each partner country;
5. Evaluation and dissemination of results.

This new partnership enables us to build on past successes and lessons learnt while incorporating ideas from our new partners. In this way, the Restart 2 project aims to further European Priority 5 by improving the recognition and transparency of learning outcomes.



Lone parent families in Europe



- Over 20% of children who live in Europe belong to single-parent households.
- The poverty risk for these children is 50% higher than average.
- The great majority of single parents are women who find it difficult to keep their place in the labour market and remain independent from welfare payments.

Research reveals that while most lone parents want to work they often face a complex combination of personal and structural barriers. For example; the need to retrain or upskill due to few or no formal qualifications; the need for recent or relevant work experience due to absence from the work force due to caring and family responsibilities; difficulty finding suitable employment which allows them to balance work with the demands of parenting alone; lack of self-confidence and self-esteem due to isolation and poverty; lack of affordable childcare in some cases; and fear of moving off benefits. In some of the Restart 2 Project partner countries societal stigmas and negative attitudes about lone parents add to these difficulties. Lone parents are, therefore, disproportionately excluded from the labour market and this relates directly to the vulnerability of one-parent families to poverty and social exclusion throughout Europe.