



**MMAS**  
FOUNDATION  
*A big difference for little people*



## MAY NEWSLETTER

We would love to re introduce you to our sister company **MMAS Foundation**.

The Maddison McKenzie Agama Spencer Foundation (MMAS Foundation Ltd) was founded in 2012 and is a not-for-profit organisation, that consists of a support network of skilled and experienced professionals who work closely with talented individuals who lack motivation, experience difficulty visualising their aspirations or setting and achieving their goals.

The MMAS Foundation process is centered around building self-confidence, helping with additional targeted education and focusing on personal development so that each participant feels empowered and confident. Our holistic approach is designed to develop these individuals toward locating and creating suitable, beneficial opportunities.

*The MMAS Foundation is on a mission to help disadvantaged individuals to improve not only their lives but the lives of others. We believe that everyone deserves to live a life full of opportunities and growth.*

MMAS Foundation have put together a diversity of programmes with the key ethos of support, nurture, education and stretch&challenge individuals who would otherwise not have opportunities to shine.



**MMAS**  
FOUNDATION



A HELPING HAND TOWARDS WORK PLACEMENT  
EMPLOYABILITY SKILLS PROGRAMME

10 Week Programme

- Core Skills Building
- Life Skills
- Portfolio Building
- Work Experience

Contact Us For Further Information  
angelads@mmasfoundation.org.uk

**MMAS**  
FOUNDATION  
*A big difference for little people*

**Our Employability Skills Programme is designed for anyone wanting to move towards work experience and eventually employments . and eventually employments . It is also an ideal programme to gain confidence and build on interpersonal skills**

**WELCOME TO LIFE SKILLS CLUB ADULTS 18+ £7**

**LEARN AS YOU GROW**

**THURSDAYS 12.30-3.30 LUTON /DUNSTABLE**

**A WEEKLY CLUB FOR ADULTS WHO REQUIRE ADDITIONAL SUPPORT WITH THEIR DAY TO DAY LIVING**

**COME JOIN US**

- ACTIVITY SESSIONS
- LEARN NEW SKILLS
- MEET NEW PEOPLE
- BUILD CONFIDENCE

**A SAFE SPACE FOR ADULTS TO GROW & ACHIEVE**

**LIFE SKILLS ACTIVITY CLUB FOR ADULTS**

07944 798658 TANESHAP@MMASFOUNDATION.ORG.UK

**Our Life Skills Club is a weekly club for adultst who may require additional support with their day to day living. this programme allows participants to learn new skills, participate in activities and meet new people in a safe space.**

**MMAS EMPOWERMENT PROGRAMME**

STARTS 1ST MAY 2024

**10 WEEK PROGRAMME TO HELP UNLOCK YOUR FULL POTENTIAL**

WE EXPLORE CONCEPTS LIKE MOTIVATION CONFIDENCE EMPOWERMENT PLANNING

**WEDNESDAYS 11AM- 2PM**

MMAS FOUNDATION  
KATHLEEN CONNOLLY HOUSE  
102 HITCHIN ROAD,  
LUTON,  
LU2 0ES

FOR FURTHER INFORMATION AND TO BOOK CONTACT  
NEOLE@SECRETANGELS.CO.UK

**PROVIDING STRATEGIES FOR EMPOWERING ANYONE TO OVERCOME LIMITING BELIEFS THAT KEEP THEM FROM ACHIEVING THEIR GOALS.**

**Our Empowerment Programme has been designed to support anyone who is lacking confidence in relation to focus and achieving goals. It helps to unlock self potential and diminish self doubt**

**Bedfordshire Beauty academy**

**INTRO TO BEAUTY**

**MANICURE FACIAL MAKE UP**

**BEAUTY BASICS**

**10 WEEK PROGRAMME**

MMAS FOUNDATION

**Our Beauty Basics Programme has been designed to support anyone with an interest in the beauty industry. It also allows participants to learn a new skill and work on their dexterity skills**

## CONTACT US

For further information on any of the community programmes that MMAS offers contact us on [enquiries@mmasfoundation.org.uk](mailto:enquiries@mmasfoundation.org.uk)



**COME JOIN US !**