

bytesize is back - we have a new website, database and email newsletter. We'd like to keep you updated with our news but if you would like to be removed from the bytesize mailing list please [Unsubscribe](#) from this list.



I can do anything I want

From drama to canoeing to work skills there is a course for everyone

Actress Shannon Murray tells [The Times](#) newspaper how breaking her neck hasn't stopped her from pursuing a career in acting. Drama is one of the new courses we are offering this year, to see our full range of courses and services take a look at our [calendar](#) now.

"Aimhigher" SIA event

New directions for further study and career opportunities

A one day event on 8th March 2007 at SIA House in Milton Keynes where you can find out more about the opportunities available for study in higher and further education so that you can improve your future career prospects and quality of life. For further information, please call John Leonard on 0845 678 6633 or contact [SIA](#) for more information.

More ways to support Back-Up

Have you done your spring clean?

Now you can sell an item on eBay and donate from 10% to 100% of the final sale price to help us. So clear out that cupboard today. There are more great new ways to [support Back-Up](#) below.

Vacancies at Active Assistance

Nurse Managers - London & Home Counties 38k Package

[Active Assistance](#) is the UK's leading specialist provider of live-in care for people with a high level spinal cord injury and are recruiting nurse managers [currently](#).

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