



Working for Carers

Carers.org/workingforcarers

Employment and training advice for **unpaid carers** aged 25 and over living in London.

- One-to-one advice and support.
- Workshops and group sessions.
- Employment, volunteering and training opportunities.

If you would like to learn more about the project, or register with us please contact us:

Phone: 020 8514 6251

Email: wfc@rcss.org.uk

We cover 8 Boroughs: Redbridge, Newham, Hackney, Tower Hamlets, Waltham Forest, Barking & Dagenham, Havering and Greenwich

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Working for Carers

The Working for Carers project supports **unpaid carers** to return to work. The programme is available to carers in London who are aged 25 or over, who have the right to work in the UK and are not in employment.

Carers can access free support, designed to meet their individual needs. This may include: | One-to-one support and advice. | Group activities and training workshops. | Support with writing CVs and interview techniques. | Help with job-searching. | Work experience opportunities.

Available Workshops :

- **Confidence Building**
- **Your Rights as a Carer in Employment**
- **Identifying your Strengths**
- **Introduction to Computer Skills**
- **Preparing for Job Search**
- **Introduction to Self-Employment**
- **English Conversation Club**

Building Better Opportunities:

Funding will support projects in England that tackle poverty and promote social inclusion. Run by the Carers Trust Network, Working for Carers is funded by the European Social Fund and the National Lottery, through the Big Lottery Fund.