



Are you an unpaid carer looking to return to work/training or education?

Are you in employment but are struggling to juggle caring responsibilities alongside work?

Are you considering leaving employment to care for a family member?

The Return to Work Project provides flexible support to carers from the age of 16. We work with you one step at a time, to help you achieve your potential through:

- One to one coaching
- Identifying and addressing any barriers
- Supporting with employability skills e.g. CV writing
- Matching you with potential employers or training providers
- Helping you understand your rights at work and know what support is available to help you maintain employment

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North Tyneside Carers' Centre
@NTCarers

Please contact us on:
0191 643 2298
enquiries@ntcarers.co.uk

TRAINING RESOURCES FOR CARERS

We have now launched online sessions tailored specifically to help carers to return to work.

The sessions are relaxed, welcoming and supportive.

We offer sessions around subjects such as

- Transferable skills
- Assistive Technology
 - CV writing
 - Application forms
- Writing supportive statements
 - Cover letters
 - Interview skills
- Carers rights in work

We also have a number of informative factsheets on our website including downloadable CV templates.

I was so nervous this morning to take your call, as it is scary getting into work. But I have never felt more relaxed you were great to talk to I am definitely happy I chose to go through you to help me. Thank you

A Network Partner of
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TRUST**

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