

# RETURN TO WORK CARERS PROJECT



## Are you a carer looking to return to work, training or education?

If you look after someone who needs help and support on a regular basis, and they could not manage without your help, then you are a carer. Anyone can be a carer, at anytime in their life.

The Return to Work Carers 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
- Helping you understand your rights at work



## GET IN TOUCH TO FIND OUT MORE

Carers Northumberland  
107 & 109 Station Road  
Ashington  
Northumberland  
NE63 8RS

W: [carersnorthumberland.org.uk](http://carersnorthumberland.org.uk)  
T: 01670 320025

E: [info@carersnorthumberland.org.uk](mailto:info@carersnorthumberland.org.uk)  
Mon - Fri 9am - 5pm

Facebook: [/CarersNland](https://www.facebook.com/CarersNland)  
Twitter: [@CarersNorthumb](https://twitter.com/CarersNorthumb)

Return to Work Carers Project is funded by North of Tyne Combined Authority

Charity No. 1122972 / Company No. 6266972

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# TRAINING RESOURCES FOR CARERS



We have now launched online sessions tailored specifically to help carers to return to work. We offer sessions around subjects such as:

- Writing CVs, supporting statements and completing application forms
- Identifying your transferable skills
- Using assistive technology
- Carers rights at work

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



"They have given me so much advice with everything to my CV, to applying for jobs and giving me brilliant tips and advice as well as being there for emotional support."  
- Anonymous Carer

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