

**“1 in 7 of the work force is juggling
work with a caring role”**

Equal Opportunities Commission

Are you looking for employment?

Do you have a caring role or have
you cared in the past?

Making change is difficult VOCAL can
help you achieve your employment
goals, understand your rights, and
access services to support you

**“Half of carers of working age provide
over 20 hours of care a week”**

Equal Opportunities Commission

VOCAL offers a range of free services to support carer with employment related issues



One to one Coaching

Coaching provides short term one to one support to help carers make decisions, establish and move towards employment and education goals.

Carer's Self Assessment

A Carer's Assessment is a valuable tool to help carers have their needs identified and to help them shape the support they receive. Contact VOCAL to arrange an appointment to find out more and receive assistance to complete a self assessment.

Benefits Review

Meet with a member of the carers support team to explore the welfare benefits available to you and the person you care support.

Training

A series of seminars and short courses bring small groups of carers together with experts, and provide information about a range of topics. These sessions have been tailored specifically to meet the information and training needs of carers.

Person Centred Planning

Carers often have complex and demanding lives, in which they find themselves thinking about everyone else apart from themselves. Person Centred Planning provides time to focus on themselves, their hopes, dreams and goals and assists carers to move towards them, through a long-term supportive relationship.

Volunteering Options

Wednesday 22nd September

10am – 12.30pm

Join us to find out more about volunteering and its benefits. Volunteering can be a great first step to employment it can also help you, make friends, providing respite, develop new skills, increase your confidence & reduce isolation.



Career planning

Wednesday 29th September

10am – 12.30pm

A short seminar for carers who are considering returning to work now or in the future. A careers advisor will provide information and advice about all aspects of career planning and job searching



Explore your transferable skills

Wednesday 6th October

10am – 12.30pm

Many carers feel de-skilled by their caring role, but as a carer you will have tried new things, learnt a great deal and developed new skills, all of which would be valuable in other parts of your life and to employers. This seminar will help you to identify and explore all the skills you can add to your C.V.



Working and the benefits system

Wednesday 13th October

10am – 12.30pm

It can be hard to know how your finances will be affected by starting work. This seminar will give information and advice around, Carers Allowance, Income Support, Tax Credits, Council Tax & Housing Benefits.



Carer's Assessments and other support

Wednesday 20th October

10am – 1pm or 6pm - 9pm

On this seminar find out more about carers assessment and how to access support. There will be a chance to complete a carers self assessment at the seminar as well as an opportunity to explore other forms of support.



Working & Caring – Your Rights

Thursday 30th September

6pm - 9pm

This seminar will cover a range of topics including, flexible working, rights to time off, the rights of discrimination legislation. Information and advice will be led by an employment specialist.





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The National Lottery[®]
through the Big Lottery Fund



Caring with Confidence - 
Learning and support for carers

For more information or to use any of these
services please contact Jane Greenacre on
0131 622 6666



HAPPY TO TRANSLATE

MOŻEMY PRZETŁUMACZYĆ আনন্দের সঙ্গে অনুবাদ করব
ترجمے کے لئے حاضر 很樂意翻譯

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