






Do you want support from the Working for Carers project? Get in touch with us...




Caring for someone in North Tyneside? Contact:

 **North Tyneside Carers' Centre**, Floor 2, Wallsend
Customer First Centre, 16 The Forum, Wallsend, NE28 8JR
 0191 249 6480  www.northtynesidecarers.org.uk

Caring for someone in Northumberland? Contact:

 **Carers Northumberland**, 107 & 109 Station Road,
Ashington, NE63 8RS
 01670 320 025  www.carersnorthumberland.org.uk

Caring for someone in Newcastle? Contact:

 **Newcastle Carers**, 135 - 139 Shields Road, Byker,
Newcastle upon Tyne, NE6 1DN
 0191 275 5060  www.newcastlecarers.org.uk

Each carers centre provides a range of support services for carers of all ages. Please get in touch to find out more.



Are you an unpaid carer in Newcastle, North Tyneside, or Northumberland?

If you are caring for someone with an illness, disability, mental health problem, or addiction, and you're not employed to do this, **then you are an unpaid carer.**

Whether you're juggling work alongside your caring role or if you are looking for employment, education, volunteering, or training opportunities, **we're here to help and support you.**



Balancing caring for someone with work can often be a real challenge.

You may feel overwhelmed trying to juggle your caring role with your job. Or you may be unable to get paid employment, continue your education or training, or volunteer due to your caring responsibilities.

Newcastle Carers, North Tyneside Carers' Centre and Carers Northumberland are working together to deliver the Working for Carers project.

The project provides friendly and specialised support for unpaid carers aged 16 + to find a job, maintain employment, advance in their careers, or return to work. Working for Carers also supports carers to access education, training and volunteering opportunities.

Our advisors can also help employers improve their understanding of carers in the workplace.

This project is funded by the Government's UK Shared Prosperity Fund through the North of Tyne Combined Authority and is now administered by the North East Combined Authority.



"Thank you for the support you have provided, it has been incredibly helpful and I feel a lot more confident."



Our friendly advisors can provide tailored and specialised support to help you:

- Maintain your current job and overcome any workplace barriers.
- Access training opportunities, educational courses or volunteering roles.
- Build your confidence levels.
- Improve your employability skills - such as digital literacy.
- Access benefits and legal advice.
- Find work experience opportunities, apprenticeships, and paid roles.
- Prepare and craft CVs and cover letters.
- Develop interview skills.
- Identify your skill set to pursue employment goals and opportunities.
- Write university applications and personal statements.
- Understand your rights as a carer in the workplace.
- Search for your first, or a new, job role.