



Living Well North Tyneside

Supporting Health and Wellbeing

- find work, training or education and access a range of routes to local jobs.
- receive support if they are struggling to juggle caring responsibilities along side work.

The Return to Work Project provides flexible support to carers from the age of 16. An advisor will work with carers to help them achieve their potential through:

- One to one coaching
- Offering support, advice and guidance to address any barriers they face returning to work, or education.
- Support to develop skills such as CV writing, interview techniques and support with job applications.
- Matching carers with potential employers or training providers
- Helping carers understand their rights at work and know what support is available to help them maintain employment.

For further information, or to start accessing support, please contact your North Tyneside Carers into Work Advisor at:

E-mail: enquiries@ntcarers.co.uk Phone: 0191 2496480



[carers](#) | [Carers returning to work](#) | [Employment support for carers](#) | [Training for carers](#) | [Education for carers](#)



**CARERS INTO
WORK**



0191 2496480



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<https://www.northtynesidecarers.org.uk/>



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