



Living Well North Tyneside

Supporting Health and Wellbeing

Authority as the lead authority.

Find out more on our [website](#) or you can call 0191 249 6480 or email enquiries@ntcarers.co.uk

The Working for Carers project is designed to provide specialist support to enable you to balance your caring responsibilities with your job, training or school.

We are also here to help you find a job, advance in your current role, access education, volunteering, and training opportunities.

The project and our services work across the North of Tyne area (Newcastle, North Tyneside, and Northumberland) to provide you with fully accessible and flexible support.

Our advisors can provide informative and tailored support to help you:

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

For further information, or to start accessing support, please contact us at enquiries@ntcarers.co.uk or 0191 249 6480



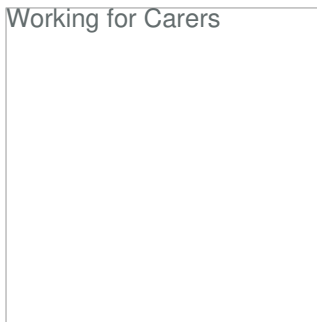
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Working for Carers





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

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