

EMPOWERING SALFORD CARERS

(AN AMBITION FOR AGEING PROJECT IN SALFORD)*

If you are:

- ✓ A Carer
- ✓ 50+
- ✓ Living in Salford

And wanting to explore Employment opportunities or gain additional Training or Skills we can help you. Working with you - at your pace - we can:

Sort out what you want to do

A job (Full time/Part time) – Voluntary work - Improved skills –
Additional Training – Pick up your career

We will help find the best opportunities for you

Build your confidence to get things going

Self-esteem – Your health and Wellbeing

We will help you increase your confidence and get back into your stride

Overcome the barriers you may face

Domestic pressures – Finance – Travel support – Neglected career path

We will help you assess and navigate obstacles

Deal with the unexpected

New skills – Social skills – Coping with Challenges

We will be there to help you sort things out

Support you and your plan

Your dedicated Coach will support and guide you

We know that plans can change so we have a flexible approach

Provide ongoing support

Even when you have got your job, secured your skills and training your Coach will be there to provide ongoing support to you, your employer or training provider

... Every step of the way

TO FIND OUT MORE:

Call: Maria or Janet on 0161 652 9000

Email: info@upturn.org.uk

* The Ambition for Ageing Project in Salford is committed to help Carers over 50 years fulfil their potential, whatever that may be.

Our partners include:



Our Approach

We believe an integrated approach is essential if Carers are to be successfully supported into work or find the skills and training they need. The transition from Carer to Returner can be complex with each Carer presenting their own unique set of issues: domestic pressures, time constraints, uncertainties; perhaps a plan in the making but with little direction or opportunity to put it into action. So this is how we go about things. It's the Carer's plan, it's flexible and our team is there every step of the way.

