# **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:







**Fducation** 



## **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.

#### We can help you:

- ✓ Access training or education
- ✓ Engage with local community or social groups
- ✓ Experience Voluntary work
- ✓ Improve your wellbeing
- ✓ Gain Work experience
- ✓ Rebuild Career pathways
- ✓ Change Employment
- ✓ Access other relevant services
- ✓ With In-work support

# We can help with:

- ✓ Skills specific to your job
- ✓ Aspiration and motivations
- ✓ Job search skills
- ✓ Basic skills
- ✓ Social skills
- ✓ Stability
- ✓ Obstacles and Challenges
- √ Financial management
- ✓ Routines and Responsibilities
- ✓ Worries and concerns

# We can then put your flexible plan into action that might include:

- ✓ Confidence building
- ✓ Travel training and support
- ✓ Managing money Budgets
- ✓ CPD
- ✓ CV building
- ✓ Access to training
- ✓ Access to education
- ✓ Filling in forms
- ✓ Interview techniques
- ✓ Ongoing support for you
- ✓ Ongoing support for your employer







