

What is Changing Lives?

Changing Lives offers information, advice and guidance on any aspect of work, learning and leisure opportunities.

Changing Lives can help you every step of the way and at your own pace to:

- Gain new skills and/or qualifications
- Regain your confidence and sense of self
- Remain in, or get back to, paid work

The Changing Lives team are professionally qualified careers advisors who provide a supportive, individually focussed learning experience.

The service is free and in confidence.

Changing Lives has really helped me get motivated - it's just what I needed. The chat and information I got certainly started the ball rolling. A lot is happening that I really feel good about!

What help is available?

Changing Lives provides an individually tailored service, specific to your situation, needs and goals.

The many types of support on offer to you include:

- One to one free and friendly advice and guidance sessions
- Careers advice and information
- Form filling and help with job applications
- Support and advice for those unpaid carers who are juggling work with caring.
- CV writing skills and interview practice
- Educational and personal development courses (e.g. maths, English, confidence building) with accreditations and qualifications
- Skills assessments and help finding the right job or course for you
- Job searches
- Sign-posting to and information about other learning opportunities
- Help arranging work or voluntary placements and progression into paid work

Who is it for?

Changing Lives is open to adults over the age of 20 and unpaid carers of any age. Particular groups supported by the project are:

- Carers
- Unemployed adults
- People with disabilities
- Lone parents
- People with few qualifications
- People on income related benefits
- People with mental health conditions
- Ex-offenders
- People looking to further their career
- People wanting to change their job

I just wanted to say thanks for putting me on the course as my life is so different. I couldn't believe that I could feel this great and I have a full time job!



About Carers' Resource

Carers' Resource gives tailored support and information to unpaid carers and vulnerable people. It is an independent, award-winning Yorkshire charity which is open to everyone and offers emotional and practical help to enable them to cope.

All our services are free and confidential.



Getting involved with Changing Lives is easy. For more information, or to make a referral:

Telephone:

Harrogate District:
01423 500555

Craven and Airedale District:
01756 700888

Electronically:

Visit our website and fill in our online contact form at www.carersresource.org

Email us at info@carersresource.org and you'll be contacted directly from one of the Changing Lives Team.



11 North Park Road,
Harrogate, HG1 5PD
Tel: 01423 500555

The Wheel House,
Broughton Hall Business Park
Skipton, BD23 3AG
Tel: 01756 700888

Community House, 75 Allhallowgate
Ripon, HG4 1LE
Tel: 01765 690222

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