



Carers' Resource Employment Advice and Training

Advice, Guidance and Support for Carers



Employment | Training | Personal Development

- CVs
- Learning
- Volunteering
- Interview skills
- Workshops
- Confidence building
- Employment rights
- Balancing working and caring

Are you a carer wanting to work?

Getting a job after a long time as a carer can feel daunting. The CReate team can help you work out what you'd like to do. We can help you write a professional CV and apply for jobs, or you can come along to one of our group workshops to learn new skills.

Are you a carer who balances your job with caring?

Around half of all carers in the UK combine paid work with unpaid caring. The CReate team can help you to balance your roles by explaining your rights at work, helping you negotiate flexible working and providing support to working carers.

Request a free, confidential session with a CReate adviser to discuss how we can help you.

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