



Learning and training for work: first steps to help and advice

Carers may be out of work for a long time and want gradually to build confidence and skills to return to work. They may have little space in their busy lives to think about their own interests and to consider how they could have a life outside of caring, with time for themselves. When the caring role ends, carers may be unsure how to move forward. Expert advice can help carers reflect on the skills they do have and how to build new ones. New skills and interests can help build self-esteem, overcome isolation, and provide stepping stones back into work. Many courses are available locally, or as extension courses, or online. Some are free or low costs. Sometimes help may be available with costs.

New Start

To find out what learning might be available and where to begin or for advice on how to get back to work after a break, contact New Start for local information, advice, guidance and for possible sources of funding. North Oxfordshire: 01295 265160, Oxford City: 01865 798081, South and Vale: 01295 534086.

Next Step

Offer free impartial advice on a wide range of issues related to learning and work including returning to work and C.V. help. Telephone: 0800 1954 700.

Learn Direct

National Telephone advisors and website provide information and advice on learning and work, distance learning, online courses and computer courses. Learn Direct 0800 101 901.

Oxfordshire County Council Adult Learning

Offers a wide range of courses including free computer courses and basic skills. For general enquiries about courses on offer and to find your nearest local Adult Learning Centre, telephone: 01865 456738.

Able Open Learning Centre

Free courses in English and Maths with the opportunity to take national tests. Free distance and evening courses are also available. For more information phone: 01865 776334.

Volunteering

Can be a good way of getting training and exploring new opportunities. The Volunteer Centre Oxfordshire offers information about volunteer opportunities around Oxford and some other part of the county. Contact the Volunteer Centre on 01865 251946. For volunteer opportunities in the Witney area contact Volunteer Link Up Witney on 01993 776277.

For more information: see Carers in Oxfordshire Website
www.oxoncarers.org.uk.