



Caring and Working

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An increasing number of carers take on the role whilst also having a part-time or full-time job. Juggling the two things can be a challenge. The following websites provide information about finding the balance, alongside a few tips for talking to employers about flexible working or taking time off when needed:

Carers UK - working and caring - goo.gl/4gtB7S

NHS - working carers' rights - www.nhs.uk/conditions/social-care-and-support/employment-rights-for-carers-flexible-working-unpaid-leave/

Macmillan - Rights while working and caring - goo.gl/qkmNnT

Macmillan - Work and Cancer - goo.gl/4W9N1X

Carers' Rights at Work

If you are experiencing any difficulties at work because of juggling work and caring, speak to one of our advisors on the Carer Advice Line. We can also arrange a referral to a specialist advisor at Sheffield Occupational Health Advisory Service (SOHAS) where you can be supported to find a way of overcoming these difficulties.

The following links are more focussed on carers' rights within employment:

Carers UK - Carers and Employment - goo.gl/X5ACGx

Macmillan - Rights at Work - goo.gl/hLd6cc

Support in Finding Work or Training

Sheffield Futures can offer support and guidance in training and finding work, whatever age you are.

It may be that finding work, or an apprenticeship is the last thing on your mind and you're focussed at the moment on your caring role. However, it may be that you'd quite like to know what is out there but circumstances have meant you haven't had much guidance or support with where to look, or you're unsure how to get experience. Perhaps you've worked in the past but had to give it up because of caring for someone at home and would now like to look into options again. Or perhaps, because of your caring role, you would only be able to do a few hours but would still value training in something - perhaps for later on.

Sheffield Futures offers a wide range of support to enable people of all ages to look into what



job they might most enjoy doing, then they can help to identify the relevant training and support you into finding a suitable job. They are also able to offer advice and guidance such as helping you to write your CV and to support you to develop confidence in interviews.

Many of you, as carers, have a huge amount of skills which an employer would love - you may not realise you have them but simply by doing the role you do, you will have acquired them. Somewhere like Sheffield Futures can help you to develop these further, and help you to present them to an employer when applying for a job or training.

If its further education or an apprenticeship which you're interested in instead, that's also something which Sheffield Futures can offer advice and guidance with.

For further information, and to sign up to their regular e-bulletin (which contains job adverts and useful guidance/tips) please follow this link - goo.gl/MaHxRv. You can also 'drop-in' to Sheffield Futures at Star House, 43 Division Street, S1 4GE.

If you're finding it difficult to balance education or work with your caring role, or feel you may do so in the future, please contact the Carer Advice Line on 0114 272 8362). Our Carer Advisors will be happy to discuss this with you to help you to find the right balance, or maybe refer you for specialist support from SOHAS.

Other Resources:

ADASS - Top tips for supporting working Carers - goo.gl/HPBwLv