

## Carers who want to return to work

### Fact Sheet 19

(September 2023)

**Has your caring role ended?**

**Has your caring role changed?**

**Are you thinking about returning to work?**

This fact sheet will help you decide what you want to do.

#### First steps

If you are thinking about returning to work, but are not sure what you would like to do, start by recognising the skills and interests you have.

Think about what you have learned from:

- any paid work that you have done
- tasks and responsibilities involved in your role as a Carer, a parent and running a home
- any other activities that you do, for example, voluntary work, committees

Then identify your interests; think about:

- what you enjoy doing
- how you would like to use your skills
- things you miss doing that you once did e.g. previous work.

Talk to family or friends, bounce ideas off them, make a list – add to it as and when you think of things. Maybe also list what you **don't** like doing.

#### Make a plan

Think about short (maybe over the next six months) and long term goals (12 – 18 months or even longer) and make a plan of what you would like to do. Make sure the plan is achievable - include small steps as well as your long term goals.



For more information on social care services log onto:  
[www.carmarthenshire.gov.wales/socialcare](http://www.carmarthenshire.gov.wales/socialcare)

Once you know what you want to do, you can look for the right kind of support to help you. If you are still unsure about what you want to do or even what you can do, then the following may help to trigger some ideas.

<b>Part-time work</b>	This is a good way to fit work around your other responsibilities or commitments. If your part-time work is less than 16 hours a week, you may still be able to get some benefits.
<b>Job-sharing</b>	Sometimes two people can share a full-time job. Look out for jobs advertised as job share.
<b>Flexible working</b>	Employers sometimes agree to flexible working arrangements.
<b>Self-employment</b>	Working for yourself offers flexibility and the right type of challenge for some people, but you will take on extra responsibility (for example, paying your own income tax).
<b>Agency work</b>	You could work in a job for a set length of time (usually for the length of a project or to fill in for a permanent member of staff).
<b>Paid Work in the Voluntary Sector</b>	There are many voluntary organisations that employ people which may be of interest.
<b>Term-time working</b>	Being off during the school holidays could be ideal if you have children and they are at school.
<b>Holiday working</b>	A practical option if you're still studying.
<b>Voluntary Work</b>	Have you thought of doing any voluntary work? This might help you get back into the swing of a job and can help you decide what you might like to do and for how many hours per day/week. Charities and voluntary organisations are always looking for volunteers.

Carmarthenshire Association of Voluntary Services (CAVS) offer information on a wide range of voluntary opportunities throughout Carmarthenshire. People volunteer for many different reasons:

- Meet new people
- Gain work experience
- Learn new skills
- Help other people in the community
- Gain access to training or to "just get out of the house"
- Put something back into society

Registering with CAVS Volunteer Bureau is free and you'll receive regular information on volunteer vacancies, training and issues that affect volunteers e.g. volunteering while receiving benefits.

If you would like to talk to one of their Volunteering Officers about opportunities please contact the Volunteer Centre at CAVS, **telephone** 01267 245555 or **email:** [volunteering@cavs.org.uk](mailto:volunteering@cavs.org.uk) for more information or visit the **website:** [www.volunteering-wales.net](http://www.volunteering-wales.net)

Some public sector organisations within Carmarthenshire have details of their Volunteer Schemes on their websites and will be able to discuss opportunities with you personally.

Having experience of caring for someone gives you valuable transferable skills, which you may want to put to use to support others.

You may want to go into Social Care and have a new career using those valuable skills. There is a wide choice of careers within the Health and Social Care Sector. You may prefer to work within a team structure with employers such as a Social Services Department or an independent care provider or on a one-to-one basis with people who need help and receive funding via the direct payments system. You may feel happier working with someone needing hands-on help or you may wish to lead on a particular project or become a social worker. Job Centre Plus offer pre-employment training for their clients to support your return to work in the care sector.

More information on careers in the Care Sector can be found on the following websites:

[www.ccwales.org.uk/careers](http://www.ccwales.org.uk/careers)  
[www.careerswales.com](http://www.careerswales.com)

## Social Services

If you want to combine work and caring, you may want to ask your Social Care Services Department for a Carers Support Needs Assessment. Under legislation, this assessment must take into account your wish (or need) to work, and the help you might need from social care services or other agencies to be able to do this. This does not mean that they will necessarily provide the help directly, but they may assist you to look at where help can be found. The person for whom you care may also need to have a Community Care Assessment to determine if they are eligible for services. To ask for information or advice, or to request an assessment: our Information, Advice and Assistance Service on in the following ways:

**Telephone:** 0300 333 2222      **Minicom:** 01554 756 741      **SMS** 0789 2345678 or by making a referral through our website at [www.carmarthenshire.gov.uk](http://www.carmarthenshire.gov.uk): 0789 2345678

They will initially ask you for some background details of yourself and the person you care for and they can provide you with information about alternative care that may be available e.g. day care and advise on support from voluntary organisations that may enable you to work or train.

## Support

The Carmarthenshire Carers Outreach Information Service may be able to offer advice and guidance and help you explore some areas to think about what you might want to do. They can chat with you informally and signpost you to some of the other agencies that may help you in more detail. The first stage may be support in gaining the confidence to take new steps. You could also think about becoming a volunteer using your valuable experience of being a Carer.

**Contact: ADFERIAD -**

**Telephone: Tel 01267 - 230791**

**E-mail: [carersincarms@adferiad.org](mailto:carersincarms@adferiad.org)**

**Website: <https://adferiad.org/our-services/carers>**

**Recruit3** is the WCVA's recruitment website - [www.recruit3.org.uk](http://www.recruit3.org.uk)

**Careers Wales** can offer help with:

- Looking for a job
- Returning to work
- Returning to learning
- Thinking about training
- Retirement
- Volunteering
- Changing direction
- Starting your own business
- Working from home
- Getting to know yourself
- Planning for action
- CV Writing

Visit the website: [www.careerswales.com](http://www.careerswales.com) or call into one of their local offices:

### **Ammanford**

41 Wind Street, Ammanford, Carmarthenshire, SA18 3DT

**Opening hours:** Tuesday - Thursday 9:00 - 5:00

**Telephone Number: 01269 598100**

### **Carmarthen**

4 Merlin's Walk, Carmarthen, Carmarthenshire, SA31 3BN

**Opening hours:** Monday - Wednesday 9:00 - 5:00

**Telephone Number: 01267 244100**

### **Llanelli**

18 Vaughan Street, Llanelli, Carmarthenshire, SA15 3TY

**Opening hours:** Monday - Thursday 9:00 - 5:00, Friday 9:00 - 4:30

**Telephone Number: 01554 749213**

### **Jobcentre Plus**

Jobcentre Plus can tell you about the range of help they offer, both to find work, and to help you out when you start work. This could be:

- learn new skills or refresh existing skills
- support to make applications, write your CV or prepare for interviews
- financial help when you move into work

When you make a claim for Jobseeker's Allowance, you will have a jobseeker's interview which looks at your skills and qualifications, the type of work you want and are able to do and the steps you will take to find work. When you are asked about your job skills and experience, make sure that you include the skills you have gained and used as a carer as well as those you may have from previous employment.

If you want to combine work and caring and you are claiming Carer's Allowance (or Income Support as a carer), you can ask for a work focused interview at any time. This is an opportunity to meet with an adviser to talk through the help you need to return to work.

Jobcentre Plus contact numbers:

**Jobcentre Plus - Carmarthen**

John Street, Carmarthen, Carmarthenshire, SA31 1QT

**Telephone:** 0345 604 3719      **Textphone:** 0345 608 8551

**Jobcentre Plus - Llanelli**

58 Stepney Street, Llanelli, Carmarthenshire, SA15 3TN

**Telephone:** 0345 604 3719      **Textphone:** 0345 608 8551

**Jobcentre Plus - Ammanford**

Llys Afon, Park Street, Ammanford, Carmarthenshire, SA18 2NT

**Telephone:** 0345 604 3719      **Textphone:** 0345 608 8551

**Where to look for work**

- Websites e.g. fish4jobs.com or www.recruit3.org.uk
- Local Newspapers
- Recruitment Agencies
- Notice boards
- Friends/Word of Mouth
- Volunteer Bureaus
- Jobcentre plus

## **Want to learn something new to help you with getting a job?**

### **Adult Learning Carmarthenshire**

[www.carmarthenshire.gov.uk](http://www.carmarthenshire.gov.uk)

**Telephone:** 01267 234567

Whether you want to develop new skills and interests, work towards a qualification or enhance your career prospects, our courses provide the ideal opportunity.

### **Student Support**

[www.carmarthenshire.gov.uk](http://www.carmarthenshire.gov.uk)

**Telephone:** 01267 234567

The amount of financial assistance to which a student is eligible depends upon the course that they are studying.

### **Libraries**

[www.carmarthenshire.gov.uk](http://www.carmarthenshire.gov.uk)

**Telephone:** 01267 234567

Your local library staff will be able to help you use the library and are able to offer ideas on finding books to read. You can rent CDs and videos, browse newspapers and magazines, and surf the internet.

Larger libraries may also offer a wide range of reference material and places for private study. Some libraries also have online services where you can search their catalogue and ask for an item to be reserved for you to collect.

### **Coleg Sir Gâr**

[www.colegsirgar.ac.uk](http://www.colegsirgar.ac.uk)

**Telephone:** 01554 748179

Coleg Sir Gar is a college of further and higher education based in Carmarthenshire in south west Wales. The college has five campuses within the county: Llanelli (Graig Campus); Ammanford; Llandeilo (Gelli Aur Campus); Carmarthen (Pibwrlwyd campus); Carmarthen (Jobswell Campus).

Currently, the college has in excess of 12,000 students enrolled on a range of courses including A Levels, NVQs, National Diplomas, Higher National Certificates, Foundation Degrees and post-graduate programmes.

It is also a good idea to brush up your IT skills or learn them for the first time. Most employers these days require some sort of level of IT as some of your work or even all of it may require you to use a computer.

**This factsheet is also available in Welsh.  
If you would like this factsheet in any  
other format telephone 01267 228703 or  
Email: [socialcare@carmarthenshire.gov.uk](mailto:socialcare@carmarthenshire.gov.uk)**



For more information on social care services log onto:  
[www.carmarthenshire.gov.wales/socialcare](http://www.carmarthenshire.gov.wales/socialcare)