

# SUPPORT

→ In your local area ←

We're all going through a challenging time. Fortunately there are some great services available to offer you support & advice

## Jobs

Jobs are going fast in the current environment, so it is important to act quickly!

[www.gov.uk/find-a-job](http://www.gov.uk/find-a-job)

Advice on job hunting, interviewing and starting a new job

[www.jobhelp.dwp.gov.uk](http://www.jobhelp.dwp.gov.uk)  
[nationalcareers.service.gov.uk](http://nationalcareers.service.gov.uk)

If you have industry experience, you could consider working in further education

[www.becomealecturer.org](http://www.becomealecturer.org)

## Financial Support

For support and advice visit

[www.gov.uk/browse/benefits](http://www.gov.uk/browse/benefits)

[www.maps.org.uk](http://www.maps.org.uk)

[www.southeastbusiness.org.uk](http://www.southeastbusiness.org.uk)

## Furlough

Furlough is officially called the Coronavirus Job Retention Scheme (CRJS)

Visit the following sites for information:

[www.gov.uk/coronavirus/business-support](http://www.gov.uk/coronavirus/business-support)  
[www.moneysavingexpert.com/content/dam/FurloughNTKs.pdf](http://www.moneysavingexpert.com/content/dam/FurloughNTKs.pdf)

## Skills Development

New government skills toolkit

[www.theskillstoolkit.campaign.gov.uk](http://www.theskillstoolkit.campaign.gov.uk)

Local skills support

[www.twinemployment.com/our-programmes/fresh-start](http://www.twinemployment.com/our-programmes/fresh-start)

[www.southeastlep.com/our-delivery/skills/digital-skills-partnership](http://www.southeastlep.com/our-delivery/skills/digital-skills-partnership) (most courses are free)

GoTrain

[www.go-train.co.uk/learners/helping-find-work](http://www.go-train.co.uk/learners/helping-find-work)

## Volunteering

NHS volunteering

[www.goodsamapp.org/NHS](http://www.goodsamapp.org/NHS)

Other opportunities

[www.gov.uk/government/get-involved/take-part/](http://www.gov.uk/government/get-involved/take-part/)

## Mental Wellbeing

The government and NHS offer guidance

[www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing](http://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing)

[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

