

Work and Training

Information Sheet on Work and Training December 2010

Time for Change?

Becoming a parent often leads to thinking about your own future, for example you could be considering flexible working, a change in career or a return to studying.

There is a lot of help and support around with making these decisions from details of employment rights, training opportunities and help with searching for job vacancies.

Advice and support

Family Information Service can offer support on returning to work and flexible working. They can also help to find childcare solutions. Ring them on 01904 554444 or go to www.yor-ok.org.uk.

Future Prospects - York's free employment and learning advice service, Future Prospects offer information and support on jobs, training, education, money and benefits. A team of Learning and Work Advisers are based in and around the York area offering one to one ongoing guidance and support. Drop-in sessions are held on a regular basis at various locations in the community. Go to www.futureprospects.org.uk or ring 01904 634748 for more information.

Castlegate - a confidential information, advice, support and counselling service for young people aged 16 - 25 in the city of York. They offer advice or guidance on career, work and learning options. You can drop in or phone to talk to a Castlegate worker or to make an appointment to see someone. Ring 01904 555400 or go to www.29castlegate.org.

Thinking of carrying on studying?

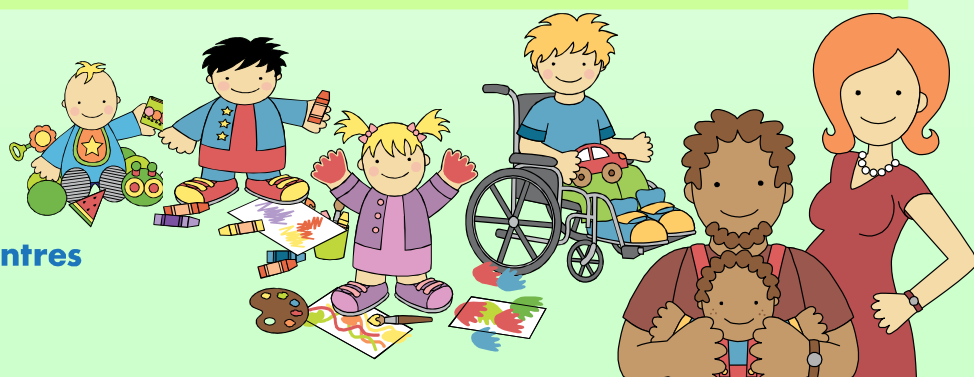
Adult education courses in York

Learning for Life brings together the main organisations offering part-time adult education courses at venues across the City of York and surrounding areas. To find out more information call 01904 554277 or go to http://www.york.gov.uk/education/Adult_and_community_education.

Further and higher education

If you are thinking of going to university locally, York has two universities, York St John and the University of York. There is also a college of Law and universities in nearby cities such as Leeds, Sheffield, Durham and Newcastle.

Further and higher education institutions also have careers advice services for anyone who attends, is thinking of attending or has attended these institutions.



Working with children

Working with children is an expanding and dynamic sector. There are lots of opportunities for everyone in Early Years and Childcare—full time or part time, as a supervisor or assistant.

The Family Information Service can help you find a job working with children. You can check out the latest vacancies at www.yor-ok.org.uk/jobs or ring 01904 554444.

Volunteering opportunities

York children's centres need volunteers to help with a variety of things from gardening to support in groups. For further information please contact the York Council for Voluntary Services on 01904 621133 or go to www.yorkcvs.org.uk.



What do children's centres offer?

Jobcentre Plus at children's centres

There are jobs boards and folders in children's centres which have information about latest vacancies and training opportunities in York. Jobcentre Plus has an Employment and Training adviser, Linda Thompson, who visits The Avenues, Clifton and Hob Moor children's centres every week. She can be contacted on 07920833089 and can help with advice on returning to work, training and job searches.

Future Prospects York's learning and work and advisory service also has a drop in at Clifton Children's Centre.

Family Learning

Family Learning offer free courses in children's centres and in the community all over the city, most courses also have free childcare. Adults can brush up on maths and English and gain an up to date qualification or take courses which look at how children learn through play.

Warm phone and public access computers

Most children's centres have warm phones where you can call free direct to the following: Jobcentre Plus, working tax credit, Family Information Service Jobseekers direct, deal for lone parents and Citizens Advice.

Some of the centres also have a computer with internet access for you to use.

Useful websites

www.direct.gov.uk Search for a job or find information on rights and benefits

www.workingfamilies.org.uk 0800 013 0313 Working Families campaign for and offer advice around work/life balance

www.yor-ok.org.uk/JobsandMoney.html Family Information Service

For more information about children's centres please contact the Family Information Service on 01904 554444 or visit www.yorkchildrenscentres.org.uk. Up to date leaflets on this and other topics can also be downloaded from the website.