

**Do you provide care and support to a friend or family member?**

**Do you want to move back into work, but don't know where to start?**

**Or maybe you were caring for someone and are now looking to get back into work or training?**

## **WE CAN HELP!**

**Working for Carers** is a free London-wide project that helps carers over 25 move back into work. This could include:

- One-to-one advice and support.
- Help to write your CV.
- Access to education and training opportunities.
- Confidence building and more...

### **To find out more and to sign up:**

For carers living in Barnet, Brent, Ealing, Enfield, Hammersmith & Fulham, Haringey, Harrow, Hillingdon or Hounslow:

**Tel:** 020 8868 5224, Ext 218

**Email:** [workingforcarers@harrowcarers.org](mailto:workingforcarers@harrowcarers.org)

[www.harrowcarers.org/working-for-carers](http://www.harrowcarers.org/working-for-carers)



**“** Working for Carers has given me the tools and support to go back into employment. It has helped me get my **confidence** back. **”**