

Further Information on Careers Advice and Gaining New Skills

If you are under the age of 20 and live in Cornwall and Devon help is available via **Connexions Cornwall and Devon**, whose purpose is to help engage all young people in learning and work. There are a number of programmes available that may help you to become work ready, or to actively seek employment. These programmes will offer you the support of a Personal Adviser to overcome any barriers and may have and may offer you a financial incentive. **To get in touch with a Personal Adviser or to find your nearest Connexions centre go online at www.connexions-cd.org.uk or call on 0800 9755111.** Calls from a landline are free, but you may be subject to a network charge when calling from a mobile.

Volunteering

Volunteering can be an excellent way to keep your job skills up to date or even to try a different type of job to see if it would suit you whilst unemployed, as well as helping others in your local area.

If you are in receipt of benefits it is important that you tell Jobcentre Plus about any volunteering activity that you plan to do. If you do not receive payment or reward other than payment of expenses incurred, it may well not affect your benefit.

For more information about volunteering in your area log on to www.do-it.org for details of your local volunteer centre, or look under “Voluntary Organisations” in Yellow Pages.

Alternatively, contact **Plymouth Volunteer Service on 01752 201 766** or at www.plymouthguild.org.uk or your local Citizens Advice Bureau who may be seeking volunteers

Train to Gain

Although Train to Gain is primarily aimed at employers; offering access to free, impartial skills advice and Government support in developing their workforce at all levels. It can help unemployed people who are engaged in volunteering gain additional training and qualifications, via the voluntary organisation.

If you work as a volunteer for a social enterprise or community organisation you may be able to access funded NVQ Level 2 training (*or possibly level 3*), via Train to Gain, if you are:

- Over the age of 19
- A British citizen or resident in the EU for the last 3 years
- Do not already have a level 2 qualification (or the equivalent, which is 5 GCSEs at grades A – C).

Alternatively when you return to work, if there is a relevant NVQ qualification that you do not have, that would be of benefit to you and your employer, your employer may be able to access funding to assist in meeting that need.

To find out more visit www.traintogain.gov.uk or telephone Train to Gain on 08456 047 047