



OUR COLCHESTER

A BID to make new history

EMPLOYMENT SUPPORT PROGRAMME

HELPING YOU
WITH YOUR
NEXT STEPS.



Visit www.ourcolchester.co.uk/employment-support for more information.



23rd February

11am



Getting you ready to market yourself as a new employee for your future employer.

3pm



The A-Z on getting your CV to grab future employers attention & utilizing LinkedIn

4:30pm



Speed interview preparation session (for those involved in the **Speed Interview day**)

LIGHTHOUSE
PERSONNEL



24th February

Speed Interview Day for employers to meet you all, we will be inviting small and large employers from across the Borough to join us for speed interviews with you delivered by Gerard at Lighthouse Personnel

Happy Days
PHOTOGRAPHY



25th February

Free Professional Headshots helping you to really stand out and put yourself forward in a professional way to future employers. The Portrait truck will be set up in Culver Square on the day for you to book your slot free of charge. The Portrait Truck allows for socially-distanced, covid-secure photography to help you get the professional look on your CV and social media platforms.

This guide has been created to give you guidance and highlight a raft of support that is available to you as you plan your next step in your career.

Whether you are looking at simply stepping into a full-time job, you would like to do some volunteering or maybe you would like to further your skills through additional education, you will find the links below for you.

INVIGORATING, CONNECTING, IMAGINING



WHERE SHOULD I LOOK FOR JOBS?

- ✓ **JOB BANKS SUCH AS** CV LIBRARY, INDEED, REED, TOTAL JOBS & MONSTER

- ✓ **COLCHESTER GAZETTE**

- ✓ **LINKEDIN JOB BANK**

- ✓ **EVENTS SUCH AS JOB FAIRS**

- ✓ **SOCIAL MEDIA**

- ✓ **VOLUNTEER FIRST TO GET EXPERIENCE, WIDEN YOUR NETWORK, BECOME AWARE OF VACANCY OPPORTUNITIES.**



USEFUL LINKS FOR FUTURE EMPLOYMENT



[Colchester JobCentre Plus »](#)

[Support for residents · Colchester Borough Council »](#)

[Support for communities · Colchester Borough Council »](#)

[Physical and mental wellbeing · Colchester Borough Council »](#)

HAVE YOU CONSIDERED FURTHER EDUCATION, APPRENTICESHIPS OR TRAINING?

[Colchester Institute - Education & Training Courses in Essex »](#)

[Suffolk New College - Further Education in Ipswich, Otley, Halesworth & Leiston »](#)

[Writtle University College »](#)

[For Residents - South East Skills »](#)

[Jobs and apprenticeships »](#)

[Alison »](#)

[Future Learn »](#)

[National Careers Service »](#)

[Free Courses in England »](#)

[Open Learn - Free Learning from The Open University »](#)

[Universal Class - Brought to you by: Essex County Council Libraries »](#)

**VOLUNTEERS
NEEDED**

WHAT ABOUT VOLUNTEERING?

[The Volunteer Centre »](#)

[Volunteer Essex »](#)

[Colchester SOS Bus »](#)

[Colchester Night Shelter »](#)

[Living Well Essex »](#)

SUPPORT AVAILABLE

HeadsUp offer support and advice to people in Essex who are unemployed and want to get back into work or education, but might be struggling with things such as anxiety, low mood or a lack of confidence.

Losing a job can be a shocking experience, it may not have happened to you before. Confidence might be knocked and you can feel anxious about many things such as the ability to 'get back out there' possibly not having job searched, written an application or attended interviews for some time, possibly years. And some people may be thinking about an alternative future and the possibility of retraining. This kind of uncertainty can be difficult to cope with and may cause some people to experience things such as anxiety, depression, or a lack of confidence.

DON'T FORGET

LIGHTHOUSE
PERSONNEL



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There are many ways that HeadsUp can offer support such as;

- 1: 1 Peer Support to help ID barriers and make plans to overcome them
- Confidence building and resilience sessions
- Updating CV's
- Introduction to online job searching and online interviews
- Identifying appropriate training

And much more! We have had some great outcomes for hundreds of people who have worked with us so please get in touch and find out how we might support you here <https://enableeast.org.uk/headsup/> or email headsupsupport@enableeast.org.uk



HeadsUp is free to participants and is funded by the European Social Fund and the National Lottery Community Fund.



Follow our social media channels for more ideas and get in touch through our email hello@ourcolchester.co.uk if you have any questions that haven't been covered by this guide.



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