

HELPING YOU WITH YOUR NEXT STEPS.



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



23rd February

11am

3pm

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



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

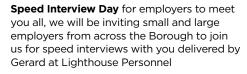
4:30pm



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









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 sociallydistanced, 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.



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**



Adeccu





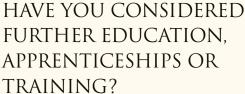


Colchester JobCentre Plus »

Support for residents · Colchester Borough Council »

Support for communities · Colchester Borough Council »

Physical and mental wellbeing · Colchester Borough Council »



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** »



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.

DON'T Forget





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

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 anxiety, depression, or a lack of confidence.

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 headsup@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.



