



OUR COLCHESTER

*A BID to make new history*

# EMPLOYMENT SUPPORT PROGRAMME

**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.

## IT MAKES SENSE TO SEEK SUPPORT WHEN OUT OF WORK



If you are facing financial hardship, whether you are in or out of work, you can contact **Colchester Borough Council's Customer Support team** for free advice and support.

**Financial Support and Welfare Benefit Advice - Colchester Borough Council »**

### Their team specialises in:

- Offering confidential and impartial advice on entitlement to a range of financial support, for those both in and out of work
- Providing access to funds that could assist those in hardship with bills like rent and council tax
- Providing back to work support, developing confidence and offering advice

If they cannot help, they can provide contact information for other agencies.



### Contact:

**[benefits.advice@colchester.gov.uk](mailto:benefits.advice@colchester.gov.uk)**  
01206 505855 (Monday to Friday, 9am-5pm)





## WHERE SHOULD I LOOK FOR JOBS?

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

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- ✓ **COLCHESTER GAZETTE**

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- ✓ **LINKEDIN JOB BANK**

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- ✓ **EVENTS SUCH AS JOB FAIRS**

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- ✓ **SOCIAL MEDIA**

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- ✓ **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.

**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](mailto: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](mailto:hello@ourcolchester.co.uk) if you have any questions that haven't been covered by this guide.



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INVIGORATING, CONNECTING, IMAGINING

