

Key messages

- Being employed is good for your wellbeing
- Having an up to date CV ready for job applications is important
- Get advice on the types of skills and qualifications you need for the job you are interested in and how to make a strong application. If you can't manage, get advice. There's plenty of support available locally.

Other important messages to consider

- Whether you are looking for work, need some employment advice or would like to move forward in your career, there is local support available.
- People with health issues often benefit from being referred to an employment support service to help them find jobs have a positive, rather than a negative impact on their health /wellbeing.
- Starting work doesn't always mean that all benefits will stop. If wages are low then 'in work' benefits can ensure people are not worse off in work. Also, depending on which type of benefit they are claiming, people with health conditions or disabilities can 'try out' paid work for a time and keep their benefits under a scheme called 'permitted work'.

Why is it important?

- Employment is often the best way out of financial difficulties for people on out-of-work benefits and is the best way to avoid further cuts to income.
- Being employed is good for wellbeing - it helps people to feel valued and boosts self-esteem.
- Being a working parent also improves children's wellbeing - it helps them to aspire to work when they are older.
- In Camden fewer residents work as a proportion of the working age population nationally.
- In Islington 7% of the working age population are unemployed, 26% are economically inactive.

Signposting to local services and online support

Camden	Islington
<p><u>Jobs and Skills in Camden</u></p> <ul style="list-style-type: none"> • This resource signposts to local support and how people can find out more. www.camden.gov.uk/ccm/navigation/business/jobs-and-skills/ • You can also see the latest opportunities by visiting Camden's Jobs and Training Facebook page or on Twitter at twitter @camdenjobsuk <p><u>Job Centre Plus</u></p> <ul style="list-style-type: none"> • Provide advice and support around work, training and benefits. Go to: www.camden.gov.uk/ccm/content/contacts/categories/jobcentres.en <p><u>Communities into Training & Employment (CITE)</u></p> <ul style="list-style-type: none"> • Helps people to gain employment or to increase their employability. They also help people to continue to develop their skills in the workplace and to progress to their next job. www.cite4jobs.org 0203 002 8149 	<p><u>iWork</u></p> <ul style="list-style-type: none"> • Islington Council's employment service offers one-to-one intensive/personalised support to help unemployed residents get into work using coaching and mentoring techniques. • The service can also help people find suitable training, volunteering, work placement or apprenticeship and other support services suitable. • iWork coaches are based at the Islington Customer Centre, 222 Upper Street, N1 1XR. Parents can also see iWork coaches at local children's centres, where they'll be able to receive assistance looking for work, as well as finding suitable childcare. • To make an appointment: Call 020 7527 2706 Send an email to iwork@islington.gov.uk Visit one of our local children's centres.