

Spring in your step

Spring is in the air, the days are getting longer and warmer. Restrictions are lifting and we are out and about a little bit more. For some leaving your house and reconnecting with the outside world may seem very daunting. There are many people who feel like this, you are not alone.

If you want to venture out but avoid the crowds in shops and bars, how about doing something in your local area, volunteering to support those more vulnerable, taking a walk in the country, or helping with a community project

April is Stress Awareness month, be kind and supportive to those who are struggling. If you are struggling there are lots of organisations out there to help.

Please speak out to someone.

Volunteering

What do young people gain from volunteering?

- Confidence
- Communication Skills
- Experience
- Meeting others
- Making contacts
- References
- Skills
- Something to put on their CV

Visit

www.countydurhamvolunteering.org.uk

for all kinds of vacancies within County Durham.

Signs of Stress

- over-burdened
- **anxious**, nervous or afraid
- like your thoughts are racing and you can't switch off
- unable to enjoy yourself
- **depressed**
- uninterested in life
- like you've lost your sense of humour
- a sense of dread
- worried about your health
- **neglected** or **lonely**.

For further information and ways to help visit

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/signs-of-stress/>

CACD Courses May 2021

Using Social Media to Get a Job 11 May 2021

Learners will be introduced to online social media profiles and shown how this can impact professional status

Making Successful Applications 13 May 2021

An insight into online applications and why they are used. Job adverts, application forms, job descriptions and job specifications will be looked at in depth.

One to One Employability Support

CACD DurhamWorks offer ongoing Careers and Employability support on an individual basis to help move learners in to work

Follow us on Social Media

Facebook: DurhamWorks CACD

Twitter: @DurhamWorksC

LinkedIn: DurhamWorks CACD

TikTok: @CDemployability



Countdown Conundrum

Find the word below
Clue; if you are lucky you may see these on your Spring walk



Last newsletter answer: LOCKDOWN

Have you checked out the DurhamWorks website or Facebook page recently? The Progression Workers continue to support young people during lockdown
www.durhamworks.info

Citizens Advice County Durham continues to provide advice about benefits, ESA, statutory sick pay, housing, debt, being furloughed etc.

Adviseline: 08082787821
Monday to Friday 9am to 5pm
Debt Adviceline: 0300 323 2000 Monday to Friday 9am-4pm
Consumer Helpline: 0808 223 1133 Monday to Friday 9am to 5pm
Universal Credit Helpline: 0800 144 8 444 Monday to Friday 8am to 6pm
COVID19 temporary contact 07736 923502

www.citizensadvicecd.org.uk/

Citizens Advice County Durham (CACD) DurhamWorks Employment Support Team are here to help young people get in to work or education. For more information on the support we offer please contact us.

Eve.Galloway@citizensadvicecd.org.uk
Or call Eve on 07876 346 047