

Spotlight on Retail

Many of our local shops are closed right now but that doesn't mean there are no jobs available in retail. Essential shops are still trading and others are offering Click and Collect services. A quick look on line and you will find all the major supermarkets and local corner shops are advertising vacancies, these include Warehouse, Management Apprenticeships, Driving, Cleaning, Office Staff as well as shop floor roles.



GET A GOOD NIGHTS SLEEP

- ✓ Sleep at regular times
- ✓ Make sure you wind down
- ✓ Make your bedroom sleep-friendly
- ✓ Keep a sleep diary

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>

CACD Courses January & February 2021

How to succeed at interview and land your dream job'

1 – 9 February 2021

Participants will learn how to make a great first impression whatever type of interview they're facing, on-line, in person, or over the telephone

Confidence is Key

15-17 February 2021

Participants will learn how to boost their confidence by recognising their skills and transferring those to the job market

Money Matters

22-24 February

This course helps participants identify where their money goes and how to manage their bills, whether living independently or in a household

One for the diary
Intensive Support Programme
08 – 25 March 2021



Countdown Conundrum

Find the word below
Clue: Looking for work! You will need to do this



Last months' answer: EMPLOYABILITY



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

The Skills Toolkit

Free courses to help you learn new skills or get a new job.

Learn about:

- practical maths
- computer essentials
- personal growth and wellbeing
- professional development
- business and finance
- digital design and marketing
- computer science and coding



set aside just one hour a week in 2021 to take free online courses that will not only improve your skills, but could also boost your future job prospects.

[The Skills Toolkit – Free digital courses to help you progress in work and boost your job prospects. \(campaign.gov.uk\)](https://www.campaign.gov.uk/)

[Skills assessment | National Careers Service](#)

Try the National Careers Service skills assessment tests to see what job is right for you!

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

Adviceline: 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