

A Step In The Right Direction

We know that finding yourself out of work can feel overwhelming and isolating. We've collated information on sources of support, organisations we trust to provide constructive advice and actions you can take to weather the downturn as proactively as possible.

BUSINESS CONNECTION

The Business Connection is a source of financial advice, counselling, networking and presentation sessions which share constructive employability advice for those looking for work.
www.thebusinessconnection.org

PACE

PACE provides impartial advice on dealing with the practical and emotional sides of redundancy. Advisers help people recognise their skills, explore their options and prepare for their next move.
www.skillsdevelopmentscotland.co.uk

SCARF

Scarf delivers a range of quality services focusing on:

fuel poverty
energy efficiency
sustainable living
carbon reduction.

www.scarf.org.uk

ELEVATOR

Maybe it's time to start your own business? If you have a business idea and are looking for knowledgeable advice that will help you set up with confidence then look no further than www.elevatoruk.com.

CITIZENS ADVICE BUREAU

Free, impartial advice on benefits, debt, work-related problems, immigration, consumer rights, relationships, housing and more.
www.aberdeencab.org.uk

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VOLUNTEER

You've a lot to offer. Volunteering is a great way to add a new dimension to your CV and it is highly regarded by employers. The Aberdeen Council of Voluntary Organisations (www.acvo.org.uk) is a great place to start your research. If you have a specific interest in health and safety then volunteering at www.absafe.org.uk could be just ideal for you. We know the North East Scotland Credit Union has volunteering opportunities, www.nescu.co.uk and www.befriendachild.org.uk has a mentoring programme which may interest you.

UP-SKILL

Now could be the right time to study. New skills and knowledge will broaden your choices - and that can only be a good thing. There's a wide variety of study options ranging from full-time residential to home learning. Up-skilling can relate to more than your career, it could be around personal interests, hobbies or achieving a lifetime goal.

ACTIVITY

We all know that exercise makes a big difference to our mood and ability to cope. Aberdeen Snowsports Centre has devised two short courses: a social one for all levels and "Rookie Sessions" aimed at those interested in learning about becoming an instructor. Of course, it doesn't have to be that adventurous - a walk in the fresh air works wonders too!

NETWORK

You might not be feeling like it but the best thing you can do is talk to people. There are many local options for professional networking, a particularly welcoming forum is aberdeenbusinessnetwork.ning.com. International platforms like LinkedIn have a tremendous local presence too. If you find Monday's particularly hard then check out the sessions offered at www.theresa-day.com, it's ladies only though!