

## Skills and Experience count

If you are 50 plus you will have acquired a lot of skills and experience both in and out of work as well as a mature attitude and essential life skills. It is important to remember that these will make you an asset to an employer.

**nextstep** can help you recognise your worth and ensure that your CV reflects the wide range of skills and experiences you will have acquired to date.

In addition there are a number of agencies which can offer advice on learning and work for more mature people:

<b>Age Concern</b>	<a href="http://www.ageconcern.co.uk">www.ageconcern.co.uk</a> 020 8765 7200
Age Concern Offers information and advice on regional and national issues, including your rights at work; help with looking for work or starting your own business and useful information sheets.	
<b>Age Positive</b>	<a href="http://www.agepositive.org.uk">www.agepositive.org.uk</a> 0113 232 4444
The Age Positive campaign promotes the benefits of employing a mixed-age workforce that includes older and younger people. They encourage employers to make decisions about recruitment, training and retention that do not discriminate against someone because of their age.	
<b>Digital Unite</b>	<a href="http://www.digitalunite.net">www.digitalunite.net</a>
DU offer specialist expertise to organisations, communities and individuals who need IT skills and who need to harness the potential of IT. Their training delivery models are based on engaging learners on a one-to-one or small group basis, wherever those learners are.	
<b>Directgov</b>	<a href="http://www.direct.gov.uk/over50s">www.direct.gov.uk/over50s</a>
Website includes help with looking for work and job programmes for over 50s, retirement and pensions; and learning opportunities.	
<b>Executives Recycled</b>	<a href="http://www.executives-recycled.co.uk">www.executives-recycled.co.uk</a> 08707 653 821
This website is for all over 40 executives and managers looking for work or seeking a new challenge. Here you will find not only job vacancies from both employers and specialist agencies, but services to help you find that job as well. They now offer financial planning advice and a complete new section on self employment options.	
<b>learndirect</b>	<a href="http://www.learndirect-advice.co.uk">www.learndirect-advice.co.uk</a> 0800 100 900
This website can help with course searches; finding out about jobs and careers (it has over 700 job profiles); and an interactive careers area to write a CV.	
<b>Life Academy</b>	<a href="http://www.life-academy.co.uk">www.life-academy.co.uk</a> 01483 301170

Life Academy prepares for life changes through learning, with programmes designed to help individuals plan for the future. They focus on the vital subjects that remain outside traditional education such as increasing financial awareness, mid-life changes and departure from full-time paid work. Using proven techniques such as interactive websites, workbooks and seminars, they provide practical information to prepare individuals for life change.

**Job Centre Plus  
New Deal 50+**

[www.jobcentreplus.gov.uk](http://www.jobcentreplus.gov.uk)  
0845 606 2626

Government driven dedicated programme to assist 50+ age find work. If you are over 50 and want to work, then the New Deal 50 plus programme could be the perfect opportunity for you. If you have been finding it difficult getting a job, or work that pays a decent wage, then this dedicated programme of help may be just what you need.

**Mabels**

[www.mabels.org.uk](http://www.mabels.org.uk)  
01329 665858

Mabels provides an extensive range of quick to find resources for the over 50's. Areas of interest include benefits, pension & finance advice, and health & wellbeing.

**Maturity Works**

[www.maturityworks.co.uk](http://www.maturityworks.co.uk)  
020 8667 0175

Maturity Works is a web recruitment initiative that focuses exclusively on the needs and interest of older workers.

**National Health Service**

[www.jobs.nhs.uk](http://www.jobs.nhs.uk) [www.nhscareers.nhs.uk](http://www.nhscareers.nhs.uk)  
0845 60 60 655

NHS Jobs has vacancies from National Health Service employers across England and Wales. You can perform a job search, find jobs that match your skills, and apply for NHS jobs online. The NHS offers a huge range of possibilities for full and part-time working or volunteering.

**nextstep**

[www.nextstep-bdp.org.uk](http://www.nextstep-bdp.org.uk)  
0800 138 5550

nextstep can offer free and impartial information and advice on work and learning opportunities across Dorset. nextstep can help with job search & applications; writing a CV; interview skills coaching; improving your confidence and thinking about your future; they can also offer in depth support on career change, course choices or work related queries.

**The Pension Service**

[www.thepensionsservice.gov.uk](http://www.thepensionsservice.gov.uk)  
0845 60 60 265

The Pension Service website is published by the Government. It provides information for individuals about pensions and other pensioner benefits in the UK, whether you are planning for the future, are about to retire or have already retired.

**Prime**

[www.primeinitiative.org.uk](http://www.primeinitiative.org.uk)  
0208 765 7833

Prime helps people over the age of 50 set up in business for themselves. They offer free information and help, workshops and business networking events.

**PrimeMploy**

[www.primemply.co.uk](http://www.primemply.co.uk)  
0870 990 5022

<p>PrimeEmploy produce a 'Jobs Board', which is accessible to smaller companies as well as larger ones, and take steps towards reducing the level of discrimination in online recruitment.</p>	
<p><b>SWOOP</b></p>	<p><a href="http://www.swoop-project.org.uk">www.swoop-project.org.uk</a></p>
<p>South West Opportunities for Older People is a research and innovation project based at the University of Exeter, designed to assist older people in the South West of England with employability issues.</p>	
<p><b>The Third Age Network</b></p>	<p><a href="http://www.taen.org.uk">www.taen.org.uk</a> 020 7843 1590</p>
<p>TAEN is a network of Member organisations. The shared objective is to ensure better opportunities for mature people to work, earn and learn.</p>	
<p><b>The Employers Forum on Age</b></p>	<p><a href="http://www.efa.org.uk">www.efa.org.uk</a> 0845 456 2495</p>
<p>EFA is an independent network of leading employers who recognise the value of an age diverse workforce. In addition to supporting employers, the EFA influences Government, business and trade unions, and campaigns for real, practical change in issues such as retirement and the implementation of age discrimination legislation.</p>	
<p><b>University of the Third Age</b></p>	<p><a href="http://www.u3a.org.uk">www.u3a.org.uk</a> 0208 466 6139</p>
<p>U3A is a self-help organisation for people no longer in full time employment providing educational, creative and leisure opportunities in a friendly environment. They can offer a wide range of learning opportunities, delivered by older people for older people, including French, IT, Music, Art and a range of non academic subjects.</p>	
<p><b>Working Tax Credit</b></p>	<p><a href="http://www.taxcredits.inlandrevenue.gov.uk">www.taxcredits.inlandrevenue.gov.uk</a> 0845 300 3900</p>
<p>General information about tax credits, contact and support information from a dedicated Help Desk team.</p>	

The Age Discrimination Act came into being in October 06 which makes it illegal for Employers to discriminate against anyone because of their age.

It is not necessary to include your date of birth or dates of your schooling on your CV any more and therefore this increases your chance of getting an interview on the merits of your CV. At interviews you will then be able to convince Employers that your experience counts.

09/07

**BEST Training & NextStep provides information and advice on work and learning to adults 20+ across Bournemouth, Dorset and Poole.**

Telephone 0845 450 8600 [www.bestpoole.co.uk](http://www.bestpoole.co.uk) [iag@bestpoole.co.uk](mailto:iag@bestpoole.co.uk)