

## **Section 21**

# **Learning Opportunities and Career Advice**

**Learning for Life  
and Work**

**020 8546 6707**

[www.kingston.gov.uk/adulteducation](http://www.kingston.gov.uk/adulteducation)

Kingston Adult Education is committed to supporting people who have difficulty using standard education services. Carers have been identified as one of the groups who need support and the aim is to provide new learning opportunities and work with you to develop ideas and initiatives. There are a number of courses that are specifically designed for carers and they are interested in developing this service as part of the community education programme.

- Are you a carer with little opportunity to access learning?
- Want to learn a new skill or develop an existing one?
- Planning on returning to work in the future?
- Want the chance to relax and look after yourself?
- Want to regain your confidence?

### **Where would suit you?**

- At a local centre
- With other carers

### **What type would you prefer?**

- Tasters sessions
- Short courses
- Distance learning
- Daytime
- Evening or weekend

### **What would you like to learn about?**

- Aromatherapy
- Art
- Computer
- Dancing
- Languages
- Work skills
- Stress Management
- Caring skills academic qualification
- Transport
- Information and advice
- Support to attend a college or university course

Phone and tell them what you want and they will see if they can design a course which can be made available for you and like-minded carers.

### **Next Step**

**0800 100 900**

[www.nextstep.direct.gov.uk](http://www.nextstep.direct.gov.uk)

There are a number of courses that you can study online at your own pace and at a time that suits you. Next Step also has hundreds of other courses available through education centres around the country. Grants may be available to help with costs.

To find out more, contact them on the number above for free advice and guidance or visit their website.

### **Hillcroft Women's College 020 8399 2688**

[www.hillcroft.ac.uk](http://www.hillcroft.ac.uk)

This local women only college offers a range of courses from English and maths to computer skills and personal and professional development. A small charge applies.

## **Learning for Living** [www.learning-for-living.co.uk](http://www.learning-for-living.co.uk)

This is an online learning programme designed specifically for carers, by carers. It combines a learning programme with a qualification which can be done anywhere that you have access to the internet.

If you do not have access at home, you could consider using an internet café, the local library, or other community based places which have computers.

## **Kingston Libraries** - Information, Learning and Leisure

Kingston Libraries offers:

- Books, DVDs and Music CDs for loan;
- NEW!! Digital Audio Books;
- Spoken Word cassettes and CDs, and audio described films;
- Access to information including internet access to local council & community information;
- Newspapers and magazines;
- Photocopy and Fax facilities;
- Computers with free access to the Internet, with general Office software, printing and scanning facilities;
- Free access to basic IT training;
- Computer training - group or one-to-one basis including ECDL, E-Type, Driving Test software and training for the UK Citizenship test;
- Rhyme Times and Story Times for children;

- Reading Groups for adults, children, teenagers, Tamil readers and Crime readers;
- Children's' craft activities and events in the school holidays;
- Homework Clubs during school terms;
- Get to Work groups for assistance with CVs and job searches;
- NEW!! Mind Matters, at Kingston Libraries: A collection of over 200 self help books aimed at people with mild to moderate mental health problems, to help provide steps for regaining their lives (in partnership with Mind in Kingston and Kingston Primary Care Trust);
- We also sell postage stamps, greetings cards and much more.

### **Contact your local library to find out more**

#### **Hook and Chessington Library - Hook Road**

Telephone: 020 8547 5006

Fax: 020 8547 6483

Email: [hook.library@rbk.kingston.gov.uk](mailto:hook.library@rbk.kingston.gov.uk)

#### **Kingston Library - Fairfield Road**

Tel: 020 8547 5006

Fax: 020 8547 6401

Email: [kingston.library@rbk.kingston.gov.uk](mailto:kingston.library@rbk.kingston.gov.uk)

#### **New Malden Library - Kingston Road**

Tel: 020 8547 5006

Fax: 020 8547 6495

Email: [newmalden.library@rbk.kingston.gov.uk](mailto:newmalden.library@rbk.kingston.gov.uk)

**Old Malden Library**

Church Road, Worcester Park

Tel: 020 8547 5006

Fax: 020 8547 6469

Email : oldmalden.library@rbk.kingston.gov.uk

**Surbiton Library - Ewell Road**

Tel no: 020 8547 5006

Fax no: 020 8547 6449

Email : surbiton.library@rbk.kingston.gov.uk

**Tolworth Library - 37/39 The Broadway**

Tel no: 020 8547 5006

Fax no: 020 8547 6471

Email: tolworth.library@rbk.kingston.gov.uk

**Tudor Drive Library - Tudor Drive, Kingston**

Tel no: 020 8547 5006

Fax no: 020 8547 6459

Email: tudordrive.library@rbk.kingston.gov.uk

**Community Library Service 020 8547 5006**

This home delivery service of books (including large print), tapes, videos, DVD's, language and music tapes, wool or jigsaw puzzles, is free to all residents of the borough who find it difficult to visit their local library and / or their carers.

Library staff select items tailored to your tastes, bringing a fresh supply every four weeks.

Fax: 020 8547 6454

email: community.library@rbk.kingston.gov.uk

## **Job Centre Plus**

**0845 604 3719**

Textphone: 020 8481 3135  
[www.direct.gov.uk](http://www.direct.gov.uk)

Jobcentre Plus is a part of the Department for Work and Pensions. Based at 3 Brook Street, Kingston Upon Thames, KT1 2EY, it aims to:

- help more people into paid work;
- help employers fill their vacancies;
- give people of working age the help and support they are entitled to if they cannot work.

If you are a carer, ask for a **Work Focused Support for Carers** interview and this could result in

- support or advise you about your current employment situation;
- advise you if you're concerned about losing your job for a reason associated with your disability or health condition;
- give you and your employer advice, and explore practical ways to help you keep your job;
- training opportunities and support to move closer to employment.

**Carers UK Work & Caring 0808 808 7777**

[www.carersuk.org/Information/Workandcaring](http://www.carersuk.org/Information/Workandcaring)

Carers UK provide information and advice to carers about looking for, returning to and / or staying in work.