



GMCVO

# Caring, Working, Living

Improving employment  
opportunities for people  
with caring responsibilities



**Are you a parent or carer?  
Are you currently looking to return to work after taking  
time off to care for someone?  
Have you been out of work for at least 12 months?  
Do you live in Greater Manchester?**

The Caring, Working, Living project will support carers that are looking to return to the workplace at the same level they were at when they stopped working.

**How can we help?**

- Practical support with CVs and interview tips
- Financial support: we can help with some of the costs associated with job searching, such as arranging alternative care whilst attending an interview or training event
- We can link you to employers across Greater Manchester that have family-friendly recruitment and employment practices such as flexible working
- Workplace visits to employers
- Support from employers once in work

**How to get help:**

- You can refer yourself or be referred from organisations in the community that also provide support with employment
- Complete the referral form on our website or call us on 0161 277 1000 and ask to speak to someone about the Caring, Working, Living project
- Visit the Caring, Working, Living Facebook page to connect with other Returners to hear their stories and top tips



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**Get in touch**

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 [www.gmcvo.org.uk/caringworkingliving](http://www.gmcvo.org.uk/caringworkingliving)