

Reliance on career support and advice

Long-term unemployed people in the East of England rely heavily on careers advice and support during January according to new research released by the National Careers Service.

Fifty one per cent of careers advisers questioned by the National Careers Service in this region reported more demand from long-term unemployed for inspiration, advice and guidance at this time of year. In addition, over half (51pc) of advisers report that people vow to make changes to their professional lives at the start of the new year.

More than three quarters (86pc) of advisers in the East of England say that January is the time of the year when people need most help from the National Careers Service. Data from the National Careers Service also shows that advisers received over 20,000 calls in January 2013.

The most common request for assistance is for help to develop a CV. This is in addition to 47pc of advisers reporting people ask for advice on finding a new job after seasonal positions end, while 49pc contact to enquire about changing careers during this period. Additional new data also reveals among those in work but looking for a change in job in the East of England, the top sources of inspiration for a new post are more money (43pc) and better training and development packages (26pc).

Young carers get help from friendly Fixers

By **SAM RUSSELL**
samuel.russell@archant.co.uk

A group of young carers from Norfolk are showing teachers and other young people what it feels like to juggle looking after loved ones with their own lives.

Lead Fixer Ricky Buckland, 19, from Gorleston, has been caring for his mum and sister for the past nine years.

Working with the national charity Fixers, which supports young people aged 16 to 25 to tackle any issue that matters to them, Ricky and the group are using their own experiences to help raise awareness of the quarter of a million young carers in Britain.

"We want to raise awareness among teachers and also young carers who don't recognise themselves as a young carer," said Ricky. "My mum has diabetes.

"She has problems with her feet so she has to use a wheelchair.

"My sister has autism and epilepsy.

"From the age of 10 I've had to go and get my mum's prescriptions.

"My mum can't stand for too long because of the pain she gets in her feet, so she can't do much around the house.

"In some places I feel I have lost out on my childhood, but I've gained life experiences that are actually



CAPTION: Ricky Buckland cares for his diabetic sufferer mum as well as his sister.

Picture:
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quite important.

"I've got friends who have gone to university who don't know how to cook or how to use a washing machine."

Fixers works with young people across the UK.

Each Fixer is supported to create

the resources they need to make their chosen project a success, with creative help from media professionals to make their own promotional material, such as films, websites or print work.

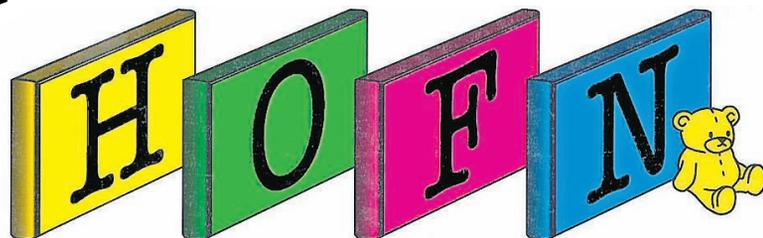
Young people have campaigned on issues with Fixers as diverse as

cyber-bullying, self-harm, suicide and the need for more random acts of kindness.

Fixers aims to work with over 70,000 young people aged 16 to 25 by 2020 to help them to take action and tackle the issues they feel strongly about.

See www.fixers.org.uk

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**45 Longs Industrial Estate,
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