



Essex Carers The way to Work

Who takes care of the Carers? We do!

For further information please contact us on

[Referrals@4SX.org.uk/](mailto:Referrals@4SX.org.uk)

Contact Frazer 01268 923 912 / 07511 293762

frazer.clark@4sx.org.uk

<http://www.4sx.org.uk>

<https://www.essexcarers.co.uk/>












The 4SX "Essex Carers – The Way to Work" BBO project is funded by the European Social Fund and The National Lottery Community Fund and is designed to fit with the complex needs of unpaid carers and help support both registered and unregistered Carers across Essex to tackle immediate problems, build confidence and resilience, improve health and wellbeing.



Are you an unpaid Carer living in Essex?

We can support you with education, training and employment options.

 <p>Access support and respite care</p>	 <p>Undertake a Carer's assessment</p>	 <p>Improve your self-esteem</p>	 <p>Write a better CV</p>	 <p>Strengthen your interview technique</p>
 <p>Become more confident</p>	 <p>Develop new skills</p>	 <p>Be more assertive</p>	 <p>Meet similar minded people</p>	 <p>Look at education and training opportunities</p>

The new Building Better Opportunities programme is just what you could be looking for.

Everything is geared towards giving you the support you need to move towards work, education or training.

The programme is open to all unemployed, unpaid Carers within Essex (including Southend and Thurrock).

