

MAKING WORK WORK

makingworkwork.scot

SOURCES OF FURTHER SUPPORT

Practical Support for your Job Search

- [Free Returners CV Guide | Making Work Work](#)
- [Returner toolkit: helping you back to work - GOV.UK \(www.gov.uk\)](#)

Interview Support

- If you need support with clothing and preparation for an interview, we can refer Making Work Work participants and alumni to Smartworks (<https://scotland.smartworks.org.uk>)

Networking Tips

- Three actions to build your network: <http://www.amazingif.com/3-actions-to-build-your-network/>
- Working your “weak ties”: <https://www.amazingif.com/listen/how-to-work-your-weak-ties/>
- Online networking: <https://www.agilitypr.com/pr-news/public-relations/why-professional-networking-is-critical-now-and-the-best-sites-for-doing-it/>

Information on Flexible, Remote and Hybrid Working

- The what, when and how of flexible working: <https://medium.com/@lynnhoumdi/the-what-when-and-how-of-flexible-working-6cc4300aa36a>
- Support, jobs and info: <https://www.facebook.com/groups/flexibleworkingscotland>
- Finding flexible work in Scotland: <https://medium.com/@Flexibleworkingscotland/where-to-find-flexible-work-in-scotland-e297d068ad9b>
- Seeking, requesting and negotiating flex: <https://medium.com/@Flexibleworkingscotland/seeking-requesting-and-negotiating-flexible-work-1cae6f31a3ec>



- Avoiding potential pitfalls: <https://www.managers.org.uk/knowledge-and-insights/article/deep-dive-the-hidden-problems-of-flexible-work-and-how-to-avoid-them-post-covid/>
- Research and support on flexible working in Scotland: <https://www.flexibilityworks.org/>
- Timewise Scottish flexible jobs index: <https://timewise.co.uk/article/scottish-flexible-jobs-index/>
- Research on the benefits of flex, post-pandemic:
[Flexible Working and the Future of Work: managing employees since Covid-19 - CMI \(managers.org.uk\)](https://www.managers.org.uk/flexible-working-and-the-future-of-work-managing-employees-since-covid-19-cmi)
https://www.srm.com/media/2754/forever_flex_report_2020-funded-by-sir-robert-mcalpine.pdf
- The state of the art on remote vs. office working:
<https://medium.com/@Flexibleworkingscotland/the-office-is-dead-long-live-the-office-7c8fea81273e>
[In-Office Vs. Remote Vs. Hybrid Work Two Years Later: The Impact On Employee Efficiency \(forbes.com\)](https://www.forbes.com/sites/forbes/2022/03/22/in-office-vs-remote-vs-hybrid-work-two-years-later-the-impact-on-employee-efficiency/)
[How The In-Office Vs. Remote Debate Is Shaping The Future Of Work \(forbes.com\)](https://www.forbes.com/sites/forbes/2022/03/22/how-the-in-office-vs-remote-debate-is-shaping-the-future-of-work/)
- Remote working statistics:
[Is hybrid working here to stay? - Office for National Statistics \(ons.gov.uk\)](https://www.ons.gov.uk/people-in-work/remote-working)
[Top Remote Working Statistics and Trends in 2023 – Forbes Advisor UK](https://www.forbes.com/sites/forbesadvisor/2023/01/12/top-remote-working-statistics-and-trends-in-2023/)
- What remote-first companies can teach us: <https://www.ft.com/content/eb77489c-a39c-4d09-8f7c-d422c12acd7d>

Recommended Job Sites

Roles in the public and third sector

Not for profit, charities, local and central govt, social enterprises etc

<https://www.myjobscotland.gov.uk/>

<https://goodmoves.com/>

<https://jobs.thirdsector.co.uk/>

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



Sites and services to support neurodivergent people into work

[Employment — Autism Understanding Scotland](#)

<https://www.autism.org.uk/what-we-do/employment/job-opportunities>

<https://exceptionalindividuals.com/candidates/neurodiverse-jobs-board-uk/>

<https://enna.org/>

Alternative Employability Support and Training

The women returners programme is only one of a number of interventions to help reduce the gender pay gap and there is existing provision which women who are not eligible for the current programme may be able to access. Alternative provision includes:

[Employability in Scotland | Supporting the employability sector in Scotland](#)

[Parental Employability Support Fund](#)

[Individual training accounts](#)

[No-one Left Behind](#)

Employment support for the over 50s: <https://www.bitcni.org.uk/age-at-work-scotland-upcoming-events/>

SCVO's [Essential Digital Skills Check-up tool](#) and list of [Digital skills resources](#)

Further work related information and support can be found on the [My World of Work](#) website who offers a wide range of [learning and training material](#).

Free Personal development resources: <https://www.personaldevelopmenttoolbox.net/>

Curated Mental Health Resources, Links and Info

- Breathing Space
<https://breathingspace.scot/>
- NHS Inform support on mental health
<https://www.nhsinform.scot/healthy-living/mental-wellbeing/>
- Minding your head
<https://www.mindingyourhead.info/resources>
- BBC Headroom
<https://www.bbc.co.uk/programmes/articles/YfRzhXDKSZQxFVn30TIXBj/your-mental-health-toolkit>
- Hear Me App
<https://www.hearme.app/>



- Mental Health at Work
<https://www.mind.org.uk/information-support/tips-for-everyday-living/how-to-be-mentally-healthy-at-work/work-and-mental-health/>
- Online mental health tools curated by Mind UK
<https://www.mind.org.uk/information-support/tips-for-everyday-living/online-mental-health/online-mental-health-tools/>
- Health in Mind: Wellbeing, Winter, Creative health
https://www.health-in-mind.org.uk/wellbeing_resources/d139/
- NHS Mind plan quiz
<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/>
- Wellbeing resources for adults recovering from domestic abuse and PTSD
<https://www.riseuk.org.uk/resources/wellbeing-for-adults>
- Support with Post Natal Depression
<https://pandasfoundation.org.uk/what-is-pnd/resources/>
- Online mental health self-guided courses
<https://thiswayup.org.au/courses/>
- Scottish Government information on health and wellbeing at work
<https://www.healthyworkinglives.scot/>
- Free online mental health support community
<https://togetherall.com/en-gb/>

If you feel you could benefit from counselling or therapy, please consult your GP to find out what is available on the NHS. Here are some UK-based paid online therapy options:

- <https://www.therapytribe.com/online-therapy/united-kingdom>
- <https://www.mytherapistonline.co.uk/>
- <https://myonlinetherapy.com/>

Employability and Wellbeing Support Directories and Services by Local Council Area

- Services, groups and activities for health and wellbeing across Scotland
<https://www.aliss.org/>
- Locate mental health services in your area



<https://www.nhs.uk/nhs-services/mental-health-services/how-to-find-local-mental-health-services/>

- Employability support for your area
<https://www.improvementservice.org.uk/products-and-services/consultancy-and-support/employability-partnership-manager/employability-support-in-your-area>

Resources for Single Parent Families

- One Parent Families Scotland aims to enable single parent families to achieve their potential, to reach a decent standard of living and contribute to Scottish society.
[Changing lives, challenging poverty - One Parent Families Scotland \(opfs.org.uk\)](https://www.opfs.org.uk)
- Gingerbread aims to create a world where all single parents and their children don't just survive but thrive. They campaign and provide expert advice, information and a support network for all single parent families
[Home | Gingerbread](https://www.gingerbread.org.uk)

Resources for Men

- Fathers Network Scotland is a dynamic, award-winning charity that exists to improve children's lives and outcomes through the positive involvement of dads, father-figures & whole families.
[Fathers Network Scotland – building a father-friendly world](https://www.fathersnetworkscotland.org.uk)
- Andy's Man Club are a men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online. They aim to end the stigma around men's mental health and help men through the power of conversation.
[Andy's Man Club | #ITSOKAYTOTALK | Andy's Man Club \(andysmanclub.co.uk\)](https://www.andysmanclub.co.uk)
- Dad's Rock aims to improve outcomes for children in Scotland to ensure the best start in life by providing support to Dads and families, through peer support, parenting workshops and music tuition.

[Dads Rock](https://www.dadsrock.org.uk)

