

MAKING WORK WORK

<https://www.makingworkwork.scot/>

SOURCES OF FURTHER SUPPORT

Practical support for your job search

- [Free Returners CV Guide | Making Work Work](#)
- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/839371/6.5922_GEO_returners_toolkit_v6_WEB.PDF

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-Covid: https://www.srm.com/media/2754/forever_flex_report_2020-funded-by-sir-robert-mcalpine.pdf
- The new world of hybrid working: <https://purposehr.co.uk/hybrid-working-post-pandemic/>
- The state of the art on remote vs office working: <https://medium.com/@Flexibleworkingscotland/the-office-is-dead-long-live-the-office-7c8fea81273e>
- What remote-first companies can teach us: <https://www.ft.com/content/eb77489c-a39c-4d09-8f7c-d422c12acd7d>

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:

[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 support directory for people in Edinburgh:

- <https://ithriveedinburgh.org.uk/find-a-service/>

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:

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

