

## FESTIVE CAREERS SURVEY SHOWS IT'S GOOD TO TALK

**Date of issue** 17 December 2009

When family and friends sit down to enjoy Christmas dinner across the South West this year, what topics will guide the traditional festive banter?

In a new survey, 21 per cent of respondents say jobs and careers will be the main talking point, just behind New Year resolutions (22 per cent) and the quality of the turkey (29 per cent).

The survey by the Careers Advice Service (CAS), part of the Learning and Skills Council (LSC), shows that one in six people in the South West are worried about their jobs this Christmas.

And nearly a third (31 per cent) would take advantage of professional careers advice if they could.

As a result, CAS is reminding people that independent insight and help is available at any time of year.

John Tempest, Director of Skills for Life at the LSC South West, said: "We know that people are concerned about their job and careers at Christmas. It can help to talk to an independent person to get a fresh perspective on your career and the Careers Advice Service advisers are available seven days a week to do just that."

Further survey findings show that 51 per cent of people in the South West are considering a career change but have put their plans on hold until next year - despite Christmas being

a key time to start planning for the future. Nearly a quarter of respondents (23 per cent) said they would most like to receive advice on their careers at the moment and 49 per cent would consider training or getting a new qualification to secure their career goal.

CAS provides free, impartial and confidential advice for those interested in learning new skills, finding courses or getting started in a new career. The service is open seven days a week from 8am to 10pm. To speak to a Careers Advice Service adviser call 0845 850 5070 or visit [www.direct.gov.uk/careersadvice](http://www.direct.gov.uk/careersadvice).

Information is also available via Twitter: [www.twitter.com/careers\\_advice1](http://www.twitter.com/careers_advice1) and Facebook: <http://www.facebook.com/pages/Careers-Advice-Service/202088201941>

For free face to face careers information and advice to adults, nextstep provides help and support in updating skills, training, learning and work. The nextstep advisers offer advice based on detailed knowledge of the learning and work opportunities available locally. For more details visit: [www.nextstepsouthwest.org.uk](http://www.nextstepsouthwest.org.uk) or call 0845 850 50 70.

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#### **Notes to Editors**

\*The research for the Careers Advice Service was carried out by 72 Point in November 2009. Sample: 3000 adults in England who have not yet retired.

The Careers Advice Service was formerly known as Learndirect Careers Advice, and is now part of the Learning and Skills Council who are responsible for funding impartial information and advice services for adults in England.

#### **About the Careers Advice Service**

- The Careers Advice Service is open seven days a week from 8am to 10pm on freephone 0845 850 5070. However, CAS will be closed on Christmas Day, Boxing Day and New Years Day
- Information is also available online through the website at [www.direct.gov.uk/careersadvice](http://www.direct.gov.uk/careersadvice)
- Careers advisers provide a free, impartial and confidential telephone advice service to people looking to choose a new career or get back into the workplace
- The Careers Advice Service offers information on almost 1 million courses from thousands of learning providers nationwide

- The Careers Advice Service has taken over 9.4 million calls since 1999 from people wanting careers information, advice and guidance

#### **Careers Tools and Services**

The Careers Advice Service offers a variety of tools to help you learn new skills, get back into the workforce or change jobs. The service also offers learning advice and assistance on a wide variety of issues, such as:

- Childcare issues
- People with disabilities
- Costs of learning
- Returning to work
- Redundancy
- Help with reading, writing and maths
- Decision-making

#### **CV Builder**

The Careers Advice Service website ([www.direct.gov.uk/careersadvice](http://www.direct.gov.uk/careersadvice)) has an online CV-building tool that can help you make the most of your abilities and experience, and tailor your CV for the job you want. The CV-builder involves you answering a series of questions, filling in your details and talking about your interests, resulting in a bespoke CV based on your responses.

#### **nextstep face-to-face services**

The nextstep service offers free face to face careers information and advice to adults aged 20 plus. The service is also available to adults aged 18 and 19 who have been referred to nextstep by Jobcentre Plus. nextstep provides help and support in updating skills ,training, learning and work. The service is available throughout England. The nextstep advisers are able to provide careers information and advice based on detailed knowledge of the learning and work opportunities available locally. nextstep maintains close links with the Careers Advice Service, and there are referrals between the two organisations to ensure that the customer receives the best possible service. Details of your nearest nextstep centre can be found at <http://nextstep.direct.gov.uk/>

#### **Learning and Skills Council:**

The LSC exists to make England better skilled and more competitive. We are responsible for ensuring the availability of high-quality education and training for everyone. We have a single goal: to improve the skills of England's young people and adults to world class standards. Our vision is that young people and adults in England have knowledge and skills matching the best in the world and are part of a truly competitive workforce. We work nationally, regionally and locally to deliver this ambition on behalf of learners and employers.

The LSC offers a host of support services to help those who are already in the workforce, or are about to enter the workforce, to gain the skills they need to succeed, secure their future or grow their income. For example, you could receive the Adult Learning Grant (ALG) for your decided course, a grant designed as a helping hand for adults thinking about learning but worried about the financial barriers standing in their way. ALG provides low income adult learners with up to £30 a week to help with the extra costs of learning. Since the grant became available, over 43,000 people have received ALG. You could also access training at work through the LSC's flagship programme for employers, Train to Gain.