

CVS AND COVERING LETTERS

Working for Carers is a London-wide project supporting unpaid carers to move closer to employment.



Who is this for?

Unpaid carers and former carers who are looking for work for the first time or have been out of work for a while.

Writing a CV

A good CV is one or two pages of A4, and includes the following:

Personal details: name and contact details.

Personal statement: short summary of your skills and career goals.

Work experience: job title, organisation, employment dates and main responsibilities.

Education: institution, dates and qualifications.

Skills and achievements: in and outside work.

You can also add your **hobbies**, and note that **references** can be provided on request.

Ask one or two people if they would be happy to provide a reference. This could be a manager, colleague, tutor or other professional.

Your caring role

You can mention your caring role on your CV, but this is up to you. It may help an employer understand any gaps in your work history.

Think about the skills you have gained as a carer as these may be useful in the workplace.

For example, you might have gained skills in time management, form filling, budgeting and negotiating.

Writing a CV that will make you stand out can seem daunting, but you can get help from employment support services such as **Working for Carers**.



“I didn’t know where to start, but with guidance and support from my [Employment Personal Advisor] I was able to put together a great CV and covering letter which got me to an interview and then a job.”

Participant registered with Working for Carers

Working for Carers is a London-wide project that supports unpaid carers and former carers, aged 25 or over, to move closer to employment. To find out more visit carers.org/workingforcarers or contact your local carers centre.



Writing a covering letter

When writing a covering letter, do your research:

- Find out about the organisation – what they do and who they work with.
- Learn more about what the role involves, and the skills needed to perform the job.

You will need to demonstrate that you meet essential criteria for the job. Read the job description carefully, so you understand what is required for the role, for example experience, skills and qualifications.

Think about what you have achieved in previous jobs, as well as any skills and experience you may have gained in a volunteering role or as an unpaid carer.

Tell the employer how your skills and experience make you a strong candidate.



Further information

National Careers Service:

<https://nationalcareersservice.direct.gov.uk>

Learning for Living:

www.learning4living.org

An online resource to help you recognise skills you have gained as a carer.

CV Library:

www.cv-library.co.uk/career-advice

Monster:

www.monster.co.uk/career-advice

Reed:

www.reed.co.uk/career-advice

Your notes

© Carers Trust 2020. Working for Carers is funded by the European Social Fund and The National Lottery Community Fund.

Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SC042870). Registered as a company limited by guarantee in England and Wales No. 7697170. Registered office: Carers Trust, Unit 101, 164–180 Union Street, London SE1 0LH.