

# **Finding Work and Training Information and Help with Benefits** (free and confidential)





## Are you a mum, dad or carer with a child under 5 years, or parent to be...

## We can help you with your benefits and tax credits

### ...are you looking for work?

#### The Employability Team can help you to:

- Look for jobs, local and part time
- Fill in application forms
- Write a CV and supporting letters
- Apply for jobs and prepare for interviews
- Discuss your childcare options

### ...are you looking for courses?

#### The Employability Team can help you to:

- Look for local courses with crèche
- Look for apprenticeships
- Book a place on a training course
- Look at funding options for your course

### ...are you interested in volunteering?

#### The Employability Team can help you to:


- Find a volunteer placement to build skills and experience
- Join our Parent Champions programme

Your Journey. Our Support.

We can help you **claim benefits** if you, your child or relative have an **illness or disability**.

Are you **expecting a new baby** or have you just had a baby?

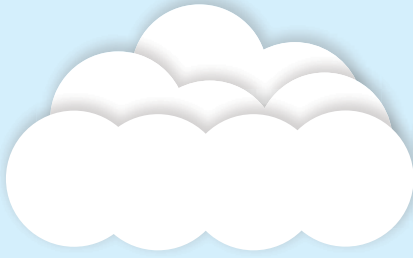
Are you working and **need help** with childcare costs?

 We provide **benefit checks** to make sure you are **better off financially in paid work**.

Are you **struggling** to pay your rent or bills? Have you been told your **benefits will stop**?



Our service is free and confidential.



**Camden Sure Start is for all types of families. To find out more come and visit your local centre.**



Advice and play activities to support your child's speech and language



Midwifery and health visiting services



Information and support about breastfeeding, baby feeding and healthy eating



Stay and play drop-ins and other activities for you and your child to enjoy together



Family support team — if you need extra help



One-to-one support if you are feeling low, anxious or stressed by family life



Early education and childcare and childminders



Help to find training and employment and benefits advice



Local services for children with special educational needs and/or disabilities, visit [localoffer.camden.gov.uk](http://localoffer.camden.gov.uk)

### Children's Centres:



#### 1a Children's Centre

1a Rosebery Avenue EC1R 4SR  
020 7974 7024



#### Regents Park Children's Centre

Augustus Street NW1 3TJ  
020 7974 8934



#### Harmood Children's Centre

1 Forge Place NW1 8DQ  
020 7974 8961



#### Agar Children's Centre

Lulworth, Wrotham Road NW1 9SU  
020 7974 4789



#### Kilburn Grange Children's Centre

1 Palmerston Road NW6 2JL  
020 7974 5080

To find out more about Camden Sure Start:

[camden.gov.uk/camdensurestart](http://camden.gov.uk/camdensurestart)