

Crunched.....but still standing....a survivor's guide to redundancy

You may have 'seen it coming' – but being made redundant is a thoroughly unpleasant experience. After the initial shock, emotions are overwhelming. Paying bills? Telling family and friends? Your structured routine suddenly wiped out? In the words of Lance Corporal Jones from Dad's Army "***don't panic!***" but **follow these tips**

ONE – Finances - speak to organisations where you have a financial obligation - banks, building societies, schools and synagogues. Get advice from your Citizens Advice Bureau and Job Centre about relevant benefits.

TWO – Get support from family and friends – this also kick-starts networking opportunities to find work again. If someone is negative – stress that you need positive support right now.

THREE - use time constructively - Call the Employment Resource Centre (ERC) -who help unemployed Jewish people return to work. The ERC provides help for everyone over the age of 17 – and we see people from all backgrounds, people who have been made redundant, those who are returners to work after raising a family or caring for elderly dependants, people newly arrived from abroad providing they are eligible to work in the UK, as well as students who have left school or university and are unsure how to proceed in a working world. For returners and graduates, there are additional support seminars which focus on their particular needs and requirements. The ERC service covers all types of employment – manufacturing, commerce, the professions and public/ voluntary sectors. Since 1992, over 7500 people have been helped by the ERC.

One-to-one support from skilled Advisors and a wide range of relevant seminars help clients with CVs, interview skills and networking opportunities. The ERC advises on career transitions and starting your own business. It builds confidence, encourages self-development, study and volunteering to keep clients active during job search and provides a professional, welcoming place that is confidential and FREE.

With the right support, negatives are transformed into positives and clients are helped to think laterally about opportunities opening doors for a better future.

If you are unemployed and think the ERC can help - call 020 8883 1000 or email office@ercentre.org.

Whilst the ERC is not a recruitment agency and does not directly find jobs for people the centre does have a dedicated networking team who have strong relationships with employers looking for interns and new employees. The charity works on the understanding that the ERC will give its clients the tools to enable them to find a job in the most efficient and effective way possible. We are pleased to market jobs free of charge and signpost our clients to you.

If you are not unemployed, but know someone who is please tell them about this article.

If you want to help the ERC by volunteering, giving our clients jobs or by funding please let us know