

Useful and Free Resources and Training for Personal Assistants

Whether you are already a personal assistant (PA) or looking for a new career in social care, you can increase your employability and enhance your skills by completing relevant training or just finding out a bit more about the area you want to work in. When time and money are short, quick and free online sessions provide an easy way to learn. See below for links to some great resources.

Not sure if care work is right for you? Visit Skills for Care's **A Question of Care** and find out. Ben's story is about being a personal assistant (PA) <https://www.aquestionofcare.org.uk>



A range of **short courses** are available from the **National Careers Service**. These include improving your computer skills, getting online, staying safe online, online job hunting and how to enhance your CV. Visit <https://nationalcareers.service.gov.uk/find-a-course/the-skills-toolkit>

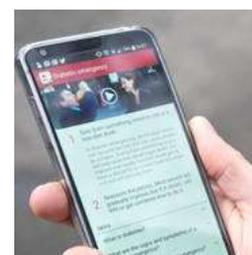
Become a Dementia Friend. You can choose how you join, you can watch the 5 minute video clip or attend a more comprehensive 40 minute 'virtual classroom session' <https://www.dementiafriends.org.uk/WEBArticle?page=join-options>



Become a **Dignity in Care Champion**. It takes just 15 minutes to sign up by completing their online questionnaire. You will become part of a network of 12,000 individuals and organisations who put dignity and respect at the heart of UK care services <https://www.dignityincare.org.uk/>



You never know when you might need to give first aid. The British Red Cross have a **free First Aid app** which includes a range of first aid scenarios you may come across and short 'what to do' video clips you can follow in an emergency. Download for Apple and Android phones or visit <https://www.redcross.org.uk/first-aid/first-aid-apps>



Are you in receipt of benefits? Use this **online benefits calculator** to see if going into paid work would affect the amount of money you receive www.turn2us.org.uk

NHS England have produced a great 90 second video about maintaining your own mental health and wellbeing https://www.youtube.com/watch?v=tOrL3HrNBQY&feature=emb_rel_end

Dedicated app for social care workers now available from Apple App and Google Play stores (search 'Care Workforce') or via the web <https://workforce.adultsocialcare.uk/>



New website from 'Our Frontline' provides lots of free mental health resources for frontline workers including 24/7 support. Provided by a partnership of national charities, backed by Government.

Please visit www.penderelstrust.org.uk for PA jobs, PA Finder and advice.