

Haringey CoL Podcast ep4 Transcript

EPIISODE 4

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Hello, I'm Nigel Clarke and I'm your host for Haringey's cost of living podcast series.

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It's the fourth and final episode today and we will be looking at what support is available to help residents into employment please, please, if you haven't already go back and listen to the previous episodes.

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After you finish listening to this one, we've discussed a range of amazing support from help with money and debt to funding and initiatives that are out there to help assist with household bills and emergency costs.

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We've also explored what help is available for parents and carers because we all know that caring for Children, friends or family can be expensive.

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So make sure you check those out. Today,

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We've got a panel of experts who will be dropping some gems about getting back into maybe you've been out of work for a long time and want to get back into it due to the rising cost of living or other factors or maybe you feel like you want a career change or to up skill if that's you then sit tight.

1:00

This episode is for you today, I'm going to be joined by counsellor Adam Jogee Cabinet Member for Economic development jobs and community cohesion.

1:09

Simon Beer from Haringey Learns, Michelle Duffuor, an apprentice at Haringey Works Nicola Moore from the enterprise team at Haringey council Sonja Camara, project manager at sewn together and Vanessa Owusu, Haringey employment engagement officer.

1:27

Thank you all for joining us today, Councillor Jogee over to you for a brief introduction.

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Well, thank you Nigel, my name is Adam Jogee, I'm the Cabinet member for Economic Development jobs and community cohesion here in Haringey and I'm very proud third term member for Hornsey, right in the middle of our borough.

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Look, the cost of the crisis is obvious to all of us and all around us.

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And it's creating real challenges for families and for communities and for businesses in all parts of our community from Tottenham Hale to Muswell Hill and from Highgate to bounds green And we, as a council, are determined to make sure that our residents have got the skills they need, but also build that resilient to work our way through this crisis and to ensure that we find identify and secure those sustainable long term

solutions and in this current economic climate, which as I say, is tough for all of us getting a job and changing a career choice may seem really daunting, but it is indeed possible.

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And we saw that the fantastic Haringey jobs fair that took place on Wood Green just a few weeks ago, it was crammed full of local people from all over Haringey, it had a range of brilliant businesses, from Aviva to the Prince's Trust, to a range of health care providers.

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And it was a really good opportunity for Haringey people to see the jobs on offer, the opportunities on offer and for us as a council to help them get into it.

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And I think it's really important to say that, you know, we as a council are committed to supporting our residents through these tough times.

3:03

And I know that me and all my colleagues and all parties on the council are determined to make sure that we do that, and part of that is making sure that we offer a range of valuable, real, meaningful services to help people back into work, to help them change their career direction if they've come to the end of one and are seeking another.

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And I think the most important for me is helping local people build and develop the new skills they need to be competitive and to fine tune, refresh and improve their knowledge base as it is.

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And actually, if you're a budding entrepreneur or a local businessman, or woman, there is a ton of support available for you as you know, easy as basic advising conversation to securing proper funding to helping make sure that you're able to build and manage and secure your finances in a sensible and sustainable way despite the challenges and as well as looking supplied particular business and organizations and there's also amazing work taking place in so many community groups that I've been blessed to meet and hear from and understand in recent weeks and months since I took on this role and, you know, those groups and organizations giving residents the opportunity to connect to share talent and skills and also to develop that knowledge of what's happening locally, but also what can be brought together locally and that partnership and that fostering of that togetherness, I think is going to be one of the most valuable and important ways of getting us through this crisis and for all the information that I'm sure local people will pick up from listening to this podcast today.

4:46

I want to be really clear that we are determined to help people into work.

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So for all of the information that will be shared today, I would urge any and every resident to check out our website, to check out the local library, to speak to their neighbors.

5:02

To also look at that cost of living Leaflet that was put through people's doors to give a call or send an email to your local councilors because we are all here to help and much of that help and that resource is contained in our Haringey here to help web page that is there for businesses and for residents.

5:19

But ultimately, if people have questions or concerns that should get in touch with their local councillors and make sure that we are both held to account.

5:25

But we're also working in your interest in getting things done in my simple message to all the people of Haringey, anyone who's listening to this podcast, people are working all the hours, God sends to survive, to pay the bills, to feed their families, to pay the rent, to pay the phone bill, to put food in the fridge to keep the heating on.

5:44

Please know that you're not alone life is tough and we know that and we will do everything we can to make sure we make life better for you and your families and your communities, but please know that you're not alone and together we'll get through this. now, it's over to our guest speakers.

6:04

If each of you could introduce yourselves and tell us a little bit about what you do and then we'll get into the discussion.

6:10

So Simon. Hello, I'm Simon beer and I run Haringey learns, which is the learning service for Haringey, which works out of wood Green library right in the middle of wood Green, thank you very much Simon and Michelle. Hi, my name is Michelle Duffuor I'm the business support officer at Haringey works.

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I support the team with a number of business admin duties as well as working on projects and supporting with sending out communications as well.

6:41

Thank you very much.

6:43

Nicola. Hi there, my name is Nicola Moore.

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I work as the startups Enterprise leads within the economic development team.

6:52

Thank you very much.

6:53

Nicola. Sonja over to you.

6:56

Hello, my name is Sonja Camara, I'm the project manager for sewn together, which is a creative voluntary community group.

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We work with women, mainly from diverse grassroots organizations and we deliver a variety of activities using local areas.

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Thank you very much Sonja and Vanessa over to you.

7:18

I'm the employee engagement officer working with businesses in Haringey and around London to support them with their recruitment needs and to help them find good quality candidates.

7:31

Thank you very much to everyone.

7:33

So my first question is to Simon what is Haringey learns and what sort of courses or opportunities do you offer?

7:42

So Haringey learns is the learning service for Haringey.

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It's for adults and by adults we mean people age 19 or over and we run a really wide range of course is quite a lot of our courses are language courses for people whose first language is not english.

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We run quite a lot of courses in maths, english or I.T.

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And all of those courses help people up skill build their basic level of skill particularly if they didn't have a great experience at school first time around.

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And we also run a lot of re-skilling courses for people who are looking to get back into work or change career and we've run courses in things like counselling, business, computing, bookkeeping and health and social care.

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Nice.

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Now on many job vacancies there's a list of qualifications, knowledge or skills that are required for the role.

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Now if you don't meet that criteria is it worth still applying or how can you get the required skills needed?

8:47

Is Haringey learns a place where you can do this.

8:51

Yeah Haringey learns is a great place for you to be able to get the skills that employers are looking for.

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And sometimes that's what employers are looking for.

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They're looking for skills rather than qualifications.

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Obviously it depends from job to job how much you need the qualification.

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But I'd always look really carefully because sometimes actually what employers need is they just need you to have experience and skills and the qualification isn't so important.

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Sometimes what they're looking for increasingly is people who are good learners, so people who have the skills to be able to learn and work towards qualifications and

sometimes what we find is that our learners who are working towards a qualification, can still apply for jobs because employers are quite keen, quite happy that even if they don't have the qualification themselves, they are working towards it.

9:48

That's really great to hear.

9:48

Thank you so much.

9:49

Simon, we're gonna come back and talk about costs in a minute, but I'm first going to go over and speak to Michelle. Michelle, I hear you have a lovely back story as to how you came to be an apprentice in the Haringey works team.

10:01

Can you tell us a bit about that?

10:04

Yeah, sure.

10:04

So before joining the team, I worked as an insurance consultant with a large utilities company and I left that role during lockdown because I just found it not fulfilling anymore and I just wanted to find something that was more rewarding, especially during lockdown, it just felt that you were working, I just realized what I wanted to do and that role wasn't particularly satisfying me anymore.

10:29

So I was just, during that time I was kind of looking at what exactly I wanted to do, where I kind of wanted to move what kind of career change I wanted and I was just doing some research about different organizations, different roles and I came across the council and what councils do in terms of and to it's core, essentially, it's about supporting improving people's lifestyle and maintaining and improving the lives of local people.

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And that was just right up my street.

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So the role came across on the Universal credit journals and when I saw the job description it was definitely something that I wanted to do.

11:08

So I registered to the it was through an agency, so I registered to the agency to get myself set up and also emailed my delivery manager, I emailed her my CV and why I was keen on the role.

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She called me that day and asked me to interview.

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So I had Yeah, the same day, I think my CV was pretty good.

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So I think that really helped me.

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So yeah, we had that conversation and interview and fortunately I got the post as a business support officer and obviously it was because the role was in my council was even more important for me to get this opportunity because I live in Haringey as well.

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So this role is very rewarding, knowing that I am helping local people find local and sustainable jobs.

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Yeah, so that is kind of my backstory about this role.

12:05

Well, that's good to hear.

12:07

So what is it that Haringey works actually does, what services do they offer?

12:11

Okay, so yeah, Haringey works is the employment support service for Haringey residents.

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So essentially what we do is support residents into employment through CV support interview preparation, having access to jobs as well, We have specialist Employment Advisors as well as well, so if you are keen on a career in construction, there is an advisor that supports residents get into construction rolls through a particular project, so they we help with that specialist advisor, they can support residents find local work on local construction sites and we also have specialist advisers who support residents keen on getting into apprenticeships and obviously I also work with Vanessa who is coming up shortly, who is dedicated to finding local jobs and near jobs that are fairly close for residents to get to, which are on a London living wage or more.

13:15

And once we do support a resident into work, we also provide that in work support.

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So you can always speak to your employment advisor about any issues that you're having with work any additional support you might need, It might be personal about regarding your work if you need support with travel or even potentially clothing.

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It is very bespoke to each and every individual resident, so one resident might need support from beginning to end in terms of interview support writing CVs, interview preparation, finding travel.

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So you will receive that support from your advisor.

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but other residents might just need some interview preparation and that is what your advisor can provide you with and maybe just finding opportunities.

13:58

They could also support you with that.

14:00

And also career changes as well.

14:02

So if you're looking for a career change, we can support with that.

14:06

Exactly.

14:07

we also have a sister service called the Haringey temporary recruitment service, which is an opportunity for Haringey residents to work for Haringey Council, so it allows local people to feel rewarded like myself and work for their local council through temporary roles.

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So, yeah, we provide a number of employability services to residents.

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Thank you very much there.

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And your story into it is amazing.

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Nicola, Haringey is a very creative hub, so I'm sure that there are many budding entrepreneurs in the borough.

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What support services are available for residents who want to start their own business or need help getting their new business off the ground.

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Yes, okay, so we've got a handful of opportunities, particularly in Haringey, but also in sign posting people further further abroad.

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you know, beyond beyond Haringey across London, essentially, we have the startups network, which essentially is a one-to-many hub.

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We cover all sectors and areas, which is really exciting In the sense that it's an opportunity for people to get connected with those that they might not otherwise connect with.

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and then we have local pilot programs and initial programs that we've been running.

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currently we've got one that's running into 2023 which is looking at grant funding and bid writing.

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So people are interested in fundraising, particularly the social and environmental focus or aim.

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We have pitch deck training, we have coaching, we have a handful of opportunities that people can tap into through the startups network in Haringey. And Nicola, are there any initiatives or funding available specifically for entrepreneurs or small business owners?

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There are definitely a lot of opportunities just because we cover so many sectors and areas, it would be hard to kind of get into that.

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that's probably it's own podcast in its own right.

16:02

but essentially people can tap in through the Haringey website, which I think is usually the best place to start.

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there's the business information section on the website, especially now with the cost of living obviously crisis.

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and what we're here for today, there's lots of resources and sign posting that's there on the website.

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But again, essentially, it's mainly to tap into the startups network locally to get sign posted to other resources and support.

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yeah, we've got lots of sign posting financially for funding across the board because it is such a big and large landscape as I'm sure you can imagine. Now, Sonja I'd like to come over to you, what is sewn together?

16:39

Okay, so sewn together, it's say, Well it's a community group and we work with mainly women who are aged between 40 and 65 and we deliver a variety of events and activities using creativity, culture and green and environmental workshops, workshops, pop up shops, seminars, webinars, anything that gets people involved in making things. Nice.

17:10

And when did the program start?

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So the program actually started, we originally won a Mayor of London award in 2019 for our wind rush quilt, which engaged 89 individuals from Haringey putting together what their vision of the wind rush was for that we won a cultural seeds award.

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And then after that we received some more funding to continue the program.

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This is just when lockdown started, Which is let's say 2020.

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We delivered another program called crafting for health and wellbeing which supported individuals during lockdown actually to get involved in something creative. Nice.

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Now, how often do you deliver these activities?

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And are there any other activities that you've been delivering as well?

18:00

Well, we do an activity literally every single day we can have, but today we've got crocheting knitting and then we work with creative 1695, which is an organization that works with autistic adults.

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We do digital training as well, pattern cutting, we have a fun Friday where we make things, beauty treatments and all of the activities are designed to build people's confidence because a lot of our participants are, well I say a lot, 32% of our participants

are individuals, women who have been diagnosed with a whether physical or a mental health condition, which they're managing.

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and quite a few of them have been economically inactive for a while.

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So we do spend a lot of time building people's confidence up that individuals understand that, you know, they've got skills that can be used for a career, start a business, work part time, even volunteer, but we are very good at recognizing people's life experiences because we understand people recognize academic experience.

19:11

People also recognize if you've got work experience, but people don't really recognize the lived experience and sometimes your natural skill could be an occupation, something that can actually give you a chance to do something worthwhile for yourself and earn an income.

19:28

Thank you very much Sonja, Vanessa?

19:32

Could you tell us a bit about your work connecting residents with employers?

19:37

Yeah, sure.

19:38

So at Haringey, we are committed to working closely with businesses to create employment opportunities for the local people.

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So whether they're interested in offering jobs, training, apprenticeships or even work experience, we can really advise businesses to support them with their recruitment needs.

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So for example if they're looking for a sales associate and they have certain requirements.

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What we would do is we would first sift their CV to ensure that they're suitable to what they're looking for and if the candidate is suitable then we would then do screenings and how they run is we vigorously screen the candidates to ensure that they're good quality because obviously we have that pre meeting with the employer to check What they're looking for, what their needs are to just ensure that we're supporting them to give them the right quality candidates.

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Once we screen them we do that 1-1 in person online or we do that in a group setting as well.

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Sometimes what we do is if it's a unique role and they don't know much about the job opportunity.

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We would then do like a discovery day or an open day or recruitment day and this would be for the clients residents to come in into our office or into the businesses office to really understand what the company is about, what they do and what the role entails.

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This will give them a flavor and a taste of what it is and how they would be potentially suitable for the role.

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And this is an opportunity for them to ask questions as well.

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So once we've done all of that process and everything, then we will negotiate with the employer to offer guaranteed interviews.

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A lot of the businesses that we work for, because we're doing that due diligence.

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We want to ensure that they're offering guaranteed interviews and we're promoting their vacancies on our portal for free of charge, they're paying London living wage as well.

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And you know, we're supporting them in arranging interviews as well.

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For example, we do like job fairs as well.

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So we recently did routes to work jobs fair and this was really huge for us and Haringey.

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This was all to kind of help residents discover great opportunities and really fast track their career in different organizations and different industries that were a growing sector.

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So we wanted to basically coordinated that with other colleagues of mine too, Work with about over 50 businesses to get them in to promote their vacancies and also offer residents jobs.

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So it was done in wood green for everyone to come and meet employers.

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There was courses that they could do like panel talks and sessions as well to really upskill them and yeah, it was really, really great.

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So we do quite a lot of things to really support businesses in Haringey and around Haringey.

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And we also work with partners and stakeholders internally.

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So like Nicholas Team, the Production Valley Fund, the Opportunity investment fund and other teams within regeneration to find out what businesses are recruiting and to really support them with their needs.

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Thank you very much Vanessa. Simon back over to you.

23:22

We did say we were going to talk about sort of how costly doing courses can be, are their low cost ways of doing it, low cost ways of gaining qualifications.

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Tell us a bit about that.

23:36

So the good news is since Covid, all of our courses at Haringey learns are free, wow, whoever you are, whatever age you are and whatever qualification you you have, which is a great offer and that includes the qualification itself.

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This wasn't true before Covid.

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And if you think for example of some of our courses, the qualification can be quite pricey.

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So if you get an A80 bookkeeping qualification, for example, commercially that can cost you 5 to £600 but it's free with us.

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That is really, really good.

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I'm surprised at that that, but I'm hopeful that that's going to get more people trying to upskill and change jobs and change their careers because it's really worth it.

24:26

It really is.

24:26

Yeah.

24:27

Yeah, definitely.

24:28

All we ask from you is that you invest the time.

24:30

Yeah, that's it.

24:32

Give the time, new skills and qualifications maybe change your life a bit like Michelle did and increase your earning power.

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That right there is the hook that will get people in. Through your experience.

24:43

What are the main reasons that people want to up skill Broadly speaking, there are four main reasons that people come to up skill firstly, obviously work.

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So we have people who are out of work seeking to get back into work.

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About 70% of our learners are female and for a lot of them they've been out of work for a while because they've been bringing up families, they come back in order to get a job, get a qualification that helps them getting a job, but rebuild their confidence and get them back into the world of work.

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Equally, A large number of our learners are already in work, but they want to progress their career, they want to move upwards, they want to get a better paid job or they want to get promotion in the career that they're working in.

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Or for some people, as I mentioned earlier, they want to change careers.

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Midlife, a popular one for that is counselling courses.

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Quite a lot of our counselling learners have already had one career, but they've become really interested in helping people helping communities, understanding what makes people tick and they're really driven into a second career in counselling.

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The second reason that people come to take up learning is to restore their health and wellbeing and we've already heard from Sonja about the people she works with who have low to moderate mental health needs and for us, feeling good about yourself is a really, really good stepping stone on the way to reaching your life goals.

26:19

Thirdly, some, some people just want to be more active in their community and for some people, it's about getting the digital skills that enable them to access services like get healthcare or to claim benefits or to apply for jobs and some people for whom the, you know, the digital world has passed them by for a bit.

26:42

They need their digital skills in order to be able to communicate and operate really in the current world to run their lives from their finances, that sort of thing.

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Those are the four main areas.

26:53

Thank you very much, Great insight there.

26:55

So Michelle, what sectors do the job opportunities cover and what types of employers do you work with?

27:03

Okay, so it covers a number of sectors is it was not limited to any particular sector but just to name a few we work with customer service roles, retail roles which can be considered entry level, going from more manual work, so cleaning, gardening, we have, as I mentioned before, we do have specialist advisers who support residents into construction apprenticeship.

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We have a creative advisor as well who can support residents find creative opportunities in media, social media and those type of opportunities.

27:41

So we've worked with pretty big employers, so we've worked with organizations such as John Lewis, Primark, Sainsbury's is a big organization, we've worked with quite a lot and we worked with a lot of local organizations, so we're based in Tottenham in one of the social enterprise buildings and we have a number of different organizations in our building.

28:04

So a lot of third party sectors, so like charities who worked with a number of charities that are local to residents, which I think a lot of registers would love to be a part of.

28:16

so yeah, so it's not limited to any one particular sector or a few number of sectors.

28:22

It's open to any sector that anyone could be particularly interested in.

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And you have an advisor who would support you locate those opportunities by doing job searches or as mentioned before, we do have the Haringey works temporary recruitment service, which is an opportunity for Haringey residents to work for Haringey Council and those sectors specialize in office and clerical opportunities, which can range from entry to senior.

28:51

So it could be like an administrator or business support officer to a project manager.

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We also have manual roles, so gardening, cleaning, floor walkers as well as, social care roles that if you're looking to work with adult social care or Children, those opportunities are there for Haringey residents to work for Haringey council in those sectors.

29:16

Thank you very much Michelle now.

29:18

Nicola over to you in his intro counselor, Jogee mentioned work that's happening within the community that gives residents the opportunity to connect and share their talent and knowledge.

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Can you elaborate on this a little bit for us?

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Yes, that's actually probably one of the most exciting and inspiring parts of the work, especially in Haringey.

29:38

, as Sonja also rightly mentioned, she's been part of it as well since the beginning in 2019.

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, we're roughly about a network, I think on and off of about 3-400 individuals that have come through the support.

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and essentially we have I guess in a way it would be called a network of networks.

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so whether you've got organizations like for you too, you've got Haringey learns, you've got higher and it works and then you have all these amazing, incredible small

organizations and community groups that are also looking to develop their work and connect with other local business.

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so essentially tapping into that network, which in a Nutshell, how we run it is that we are going especially into 2023.

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We have two monthly networks, one for people who are at that very idea stage and very early stage and then we have one for those that are kind of a bit further along and looking to navigate things like what the Haringey works team have talked about in terms of employability hiring locally.

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you know, looking at the financial side of the business and cost savings particularly.

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And then we have roughly a quarterly networking which we collaborate with loads of different other local organizations and Pan London organizations so that people aren't just tapped into our network, but they get connected into any and every other network that they can across London.

30:52

Thank you so much.

30:54

Nicola now back over to Sonja, you were talking about the sewn together projects now who can actually join those programs, the programs open to any and everybody, once you are a resident of herring a council, all of the events and activities are free to join, there's no charge.

31:12

And we also provide all of the resources.

31:15

Wow, does the program support residents with Employment Training, enterprise, Startup and all the above.

31:23

It does.

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We've had a really great success rate in all of them in terms of employment training, enterprise and business startup.

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So we support participants to put together maybe a CV or a bio if they're in the creative industry.

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But what we do spend a lot of time, we spend a lot of time working with individuals to perfect.

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And I do use that word, their interview skills because a lot of people are quite nervous when they have to go for an interview, whether it's online or face to face.

32:00

So we spend quite a lot of time with people so that they can get a feel for it, be confident, get their point across, that gives them a much better chance in terms of actually securing a second interview, which sometimes people do.

32:14

And then going on to actually secure the role.

32:17

Simon back to you are Haringey learned courses for all residents or is there a certain eligibility criteria? There are eligibility criteria

32:27

It's getting it's getting more simple, but it can be quite complex, but there's three main things that you need to remember for most of our courses, firstly, as I say, you need to be 19 and you need to be 19 on 31 August of the year you're studying and you need to be living in London for most of our courses and the learning needs to take place in England.

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And thirdly you need permission to live in the U.K.

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And you need to have had that for at least a year before the first day of your course.

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Those are the three main requirements.

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Some of our courses might be funded by a different funder and have different eligibility requirements, but for most of our courses it's those three requirements.

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And if you've got any doubts, just call us or pop into wood green library and ask and we'll talk you through them.

33:21

Thank you very much, Simon. Michelle as an apprentice yourself.

33:26

I'm assuming their apprenticeship opportunities to Haringey works.

33:31

Yeah, so we have an apprenticeship employment advisor who supports residents find apprenticeship opportunities so they'll be supported by that advisor to locate opportunities, they find them and share them with them.

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They try to find more local ones, but if it's a neighbouring boroughs, Haringey is quite an accessible area to travel from.

33:54

So we do find opportunities that are fairly close for the residents to access, and how do you sign up to use Haringey work service Michelle?

34:03

Okay.

34:04

Yes, so there are a number of ways to register to Haringey works.

34:07

So we have our online portal where you can register your details and also view opportunities that we have live at the moment.

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So that would be works dot Haringey dot gov dot UK.

34:19

You can always give us a call on our telephone number and probably speak to me as well, which is 0208 4892 969.

34:30

And we also have advisers who go out to out locations and do drop in in a number of different areas in Haringey.

34:37

So we have a number of libraries just to name a few is Marcus Garvey, Muswell Hill, wood green, Coombes Croft library, a number of Children's centers that the advisors attend as well.

34:51

And yeah, so we're all over Haringey waiting to work with every resident really.

34:59

And what advice would you give to someone looking for work right now?

35:04

Mostly to understand that you definitely have something to offer employers, just to echo something that Simon said earlier is the biggest issue that we face with people looking for work or trying to change careers or finding their next opportunity is confidence.

35:23

so it's just kind of thinking about your transferable skills and where you can place that in the opportunities that you're looking for.

35:30

may maybe you think about up skilling.

35:32

So just to kind of push Simon's area looking at Haringey learns.

35:38

We also offer training opportunities and kind of soft skills as well.

35:43

So if you need those interview techniques but just really the main thing is just remembering that you have something to offer employers and you have a skill or a service or whatever it is that they need from you and you are able to provide that.

36:01

And so it's more about just building confidence and where you don't have the skill or where you are, if you're reading a job description and you may not have all the all the requirements they're looking for is just looking for areas where you can upskill yourself and as a Haringey resident.

36:19

And now working with Haringey works and just being in the Haringey council environment, there's so many opportunities for Haringey residents to upscale themselves and it's offered for free.

36:31

So Yeah. last question for you, Michelle, are there any funding options available to help residents pay for employment related expenses?

36:41

Such as like interview clothes, travel, things like that.

36:46

Yeah, so Haringey works actually provides free one week travel for residents to go into work.

36:51

So we we have that available to residents once they find employment.

36:58

And also we worked for a number of organizations to provide amazing quality clothing if you're struggling with interview clothing, accessing interview clothing and we can set up a referral to help you access that.

37:11

And we have a number of were funded by a number of projects that can support residents if for example, they have one of their concerns is child care and not being able to afford childcare.

37:23

Once they find work, there are funding pots in Haringey works which can support you maybe access childcare services for up to a month, which is funded by a service project in Haringey works.

37:36

So there is a few funded projects in Haringey works that can support residents with any particularly employment related expenses.

37:45

Thanks Michelle, thank you to all of our guests that have joined us today and thank you to everyone who has listened to all four parts of the Haringey cost of Living podcast series.

37:56

Thank you to all of our amazing guests we've had through all of those episodes who have shared their expertise and will have hopefully given you the listeners some insight into the range of help and support that's available to you with the rising cost of living.

38:10

A special thanks to our panel today one more time.

38:12

Thanks to all of us.

38:13

Do remember that if you need to go back over any of those episodes, you can listen to them at any time via your preferred podcast platform.

38:21

Thank you so much.

38:22

We will see you very soon