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50 NOT OUT!

JOIN THE 50+ JOBS FAST LANE

Do you want to explore new opportunities or are you looking to return to work after a career break?



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Are you 50 or older and looking for a job? Whether you want to return to work or try something new, there's good news! In Manchester, there are free services to help you find a job that works for you.

These services are here to support older people who want to work.

They can help you with:

- Finding and applying for jobs online
- Getting ready for interviews
- Learning new digital skills
- Volunteering
- Taking courses to improve your skills
- Starting an apprenticeship to learn on the job

To learn more, check out this leaflet with a list of services and how to contact them.

Employment Support Section

Ambition Manchester



Ambition Manchester gives personalised support to help people in Manchester get better-paying jobs. The service focuses on areas with people who have low extra income. To join, you must be in paid work and live in Manchester.

Support includes:

- Plans to set goals and find training needs
- Advice from a careers adviser when it works for you
- Personal action plans
- Help finding transferable skills
- Support with job applications and CVs
- Coaching to build confidence for interviews
- Free training.

Contact ambition@manchester.gov.uk

Pure Innovations

Our Manchester Programme

If you have a learning disability and/or autism, we can help and support you into paid employment. We can help you to write a CV, support with job exploration or in-work progression, and provide application and interview support.

To find out more, please contact your Social Worker, the Manchester City Council Contact Centre or call Pure Innovation –

Tel: **0161 804 4400** (and ask for Supported Employment Our Manchester Team) or email

OurManchesterOurFuture@pureinnovations.co.uk

Our Future Programme

We offer group and one-on-one sessions to help you learn important life skills.

We cover job skills, personal growth, community involvement, relationships, online safety, safe travel, and money management.

You may be able to join if you:

- Have a learning disability and/or autism
- Live in the Manchester City Council area
- Are 17 years and 6 months or older.

To find out more, please contact your Social Worker, the Manchester City Council Contact Centre or call Pure Innovation – Tel: **0161 804 4400** (and ask for Our Future team) or email **OurFuture@pureinnovations.co.uk**

Yes Manchester



Are you a north Manchester resident aged 50 or over, and looking for employment support?

Yes Manchester is here to help! With community bases in Newton Heath, Collyhurst, Harpurhey and Higher Blackley, we provide free tailored support to help you build the skills, experience and confidence you need to achieve your goals.

Our services are delivered in a relaxed and welcoming environment, including one-to-one guidance designed around your aspirations.

We offer:

- Digital skills support to help you get online and search for work
- Assistance with CV writing, job applications and interview preparation
- Access to training and volunteering opportunities
- Careers guidance and much more.

Take the first step toward your next opportunity and contact our friendly team today to book an appointment.

Tel: **0161 260 1600**

Email: yesinfo@yesmanchester.co.uk

Jobcentre Plus

jobcentreplus

Jobcentre Plus can help if you're out of work. We offer training in skills like IT and English. We can also guide you to more information and local jobs.

Older workers shouldn't worry about IT skills. There are many ways to improve. Your work coach can also advise on apprenticeships and self-employment.

<https://jobhelp.campaign.gov.uk/older-workers-support/>

Speak to your Work Coach Advisor at your local Job Centre Plus to access support and advice

EnterprisingYou

EnterprisingYou

GM Business Growth Hub

Funded by UK Government

EnterprisingYou provides support for Greater Manchester people who want to start or grow their own business. We offer free advice and workshops on important topics such as personal skills, marketing and finance.

GREATER MANCHESTER
DOING THINGS DIFFERENTLY

Get help with starting your business, building your profile, and reaching your goals faster. We can help you become self-employed and improve your business.

For more information please contact:

www.enterprising-you.co.uk

0161 3593050 BGH@growthco.uk

EnterprisingYou is delivered by GM Business Growth Hub, which is part-funded by the Government through the UK Shared Prosperity Fund. The £7.5million funding has been made possible thanks to Greater Manchester Combined Authority securing funding to deliver UKSPF projects.





Manchester Adult Education Service

At Manchester Adult Education Service, we offer courses, workshops, and activities for adults at learning centres across the city. We can help you learn new skills, improve the ones you already have, and earn qualifications.

Our courses cover subjects like English, maths, health and social care, and education. We also have digital skills courses for all levels, from basic to more advanced.

If you would like to speak to someone about continuing to learn or about starting a new course, phone us on **0161 219 6733** or email **maes.info@manchester.gov.uk**.

**Manchester
Adult
Education**

National Careers Service

The National Careers Service offers free advice to adults (19+) in England about careers, learning, and training. It helps people who are unemployed, over 50, or facing job changes.

Services are available by phone, in person, or online (Monday to Friday, 8am–8pm; Saturdays, 10am–5pm). Trained advisers provide one-on-one sessions to help with job applications, career planning, training, and funding options. The service also supports apprentices, older workers, and those with disabilities. It can assist with career changes, redundancy, upskilling, and finding jobs.

To book your free one-to-one appointment with a qualified careers adviser, call **0800 100 900**, or webchat with us at **nationalcareers.service.gov.uk**.

**National
Careers
Service**

Smartworks

SMART
WORKS
GREATER
MANCHESTER

Smartworks is a UK charity that helps women who need support getting a job. We give free, good-quality clothing and personal coaching to help unemployed women reach their goals, find a job, and change their lives. We work with unemployed women in all areas of Greater Manchester. You can visit us in person at our centres in Stockport or Manchester City Centre, or we can offer remote appointments if you can't travel.

To refer your client, please make sure they meet the following criteria:

- Are a woman
- Are aged 16 or above
- Are unemployed or on a zero-hours contract
- Have a confirmed job interview coming up or are seeking support in securing a job interview.

Do you have a question about accessing our service?
Please give us a call on **0161 974 0669**

One Manchester

 one manchester

Finding it difficult to get into work due to lack of skills, experience or confidence?

One Manchester offers a free service with a wide range of training, work placements and volunteering opportunities tailored to support One Manchester tenants with their individual needs.

To get in touch, call **0161 230 1057** or email [**onefuture@onemanchester.co.uk**](mailto:onefuture@onemanchester.co.uk)

Work clubs

Work clubs offer help to adults not in employment, including online job search, finding vacancies, creating and updating CVs, writing cover letters, completing application forms and interview techniques.



Some clubs also offer English for Speakers of Other Languages (ESOL) for speakers of other languages who need support and guidance with their job search and job applications using good written and spoken English. Look for ESOL within the work club name.

On Manchester City Council's website you can search for your local work club:

[Manchester Work Clubs](#) | [Manchester City Council](#)

Standguide



GMCA



At Standguide, we're committed to empowering Manchester residents aged 50 and above to enhance their employability, develop new skills, and confidently step back into rewarding work.

We offer tailored one-to-one guidance, accessible training programmes that support retraining and gaining the qualifications needed for new career paths, digital upskilling and interview coaching. We help each individual to recognise their strengths, overcome challenges, and connect with local opportunities, ensuring a more secure and fulfilling future in employment.

Please get in touch by contacting: Queries – Head Office Team: **0161 881 4826** or Referrals Team: **0161 249 9898**

Wythenshawe Community Housing Group

At Wythenshawe Community Housing Group, we help Wythenshawe residents find jobs with support from local, regional, and national partners.



Our 'Real Opportunities Scheme' helps you get a job, change jobs, or return to work. We offer CV help, job applications, interview practice, job searching, training, self-employment support, work experience for students, apprenticeships, and a tour of our offices.

Register to get weekly emails with job opportunities and extra support, such as financial help and interview clothes.

If you'd like to register for support and opportunity bulletins, please email realopportunities@wchg.org.uk

Website: **Help to get into work - [WCHG](#)**

Build A Business

Build A Business
in GM Libraries

Thinking of starting a business or growing an existing one? Build A Business supports entrepreneurs and small businesses across Manchester and Greater Manchester with tailored guidance and practical tools for success.

Whether you're an artist, shop owner, or aspiring founder, our workshops cover market research, intellectual property, business basics, and marketing essentials.

Build A Business is here to help you launch, grow, and thrive. Please get in touch by contacting our head office Queries team on **0161 881 4826** or our Referrals team on **0161 249 9898**

Volunteering Section

Volunteer Centre Manchester

Volunteer Centre Manchester provides information, support and training for Manchester residents who want to volunteer, and for organisations that work with or involve volunteers. Open Monday to Friday, 10am–4pm.

If you are interested in finding out more about the Volunteer Centre, please go to our website:

www.volunteercentremanchester.co.uk

Email: **info@volunteercentremanchester.co.uk**

Telephone: **0161 830 4770**

Manchester Volunteer Inspire Programme

MCRVIP

The Manchester Volunteer Inspire Programme (MCRVIP) is an online platform that connects people interested in volunteering with a wide range of volunteer opportunities across Manchester.

Whatever your skills and experience, we can help connect you to opportunities that suit you, such as sporting, health and wellbeing events, as well as activities in our libraries and parks.

Visit our website and register with MCRVIP here:

www.mcrvip.com

Find our latest opportunities. Search Volunteer Opportunities **mcrvip.com**

Need further information and support?

Email the team: **mcrvip@manchester.gov.uk**



Digital Section



Let's Get Digital

Face-to-face help and support. Need some help with digital skills?

You can find digital skills sessions near you by using our handy directory. Search using your postcode to find your closest place.

Please go to

<https://manchesterdigitalstrategy.com/lets-get-digital>
for more information

Community Computers

We recycle donated IT equipment, providing low-cost computers to the community and work skills to the long term unemployed, whilst also reducing the amount of e-waste going to landfill.



We provide fully refurbished and licensed, essential devices back into the community at low cost and work closely with local organisations to support individuals/families in using their devices.

We provide employment, work experience and training to long term unemployed individuals that have experienced multiple barriers to regain work

For more information, go to

www.communitycomputers.co.uk/

Xyrius

We offer essential digital skills training to unemployed Manchester residents aged 50 and over.



If you are interested in staying safe online when using devices, handling information or creating documents, our two-week course is for you!

To sign up, or for further information, please call Xyrius Training: **0121 633 0033**.

Skills Bootcamps

Skills Bootcamps can help you gain sector-specific qualifications within a flexible course over 8–16 weeks.

Sectors include digital, construction, manufacturing, hospitality, health and social care, education, and logistics.

Our courses offer work experience, an industry-recognised qualification, and a guaranteed interview after you complete the programme.

If you are interested, please visit:

[Current training opportunities - Greater Manchester Combined Authority](#)



Useful web links

AgeUK

Information and guidance for older jobseekers, including tips on how to update your CV, where to look for jobs, and how to search for jobs online.

[Helping older people look for work | Age UK](#)

Jobs/Redefined

A website for older workers and employers who value their experience and maturity. Offers support for jobseekers searching for a new challenge, and advice for those currently working who are scaling down for retirement. Offers news, views, guides and stories about subjects including retraining for a new career late in life, finding flexible work, general career advice, pensions, and employment rights.

[Jobs & Career Advice for Over 50's | Jobs/Redefined](#)

Restless

A digital community for over-50s that offers job-search support and coaching; advice on redundancy, money matters, health and wellbeing; in addition to information on volunteering, training and courses.

[Jobs, Travel, Money & Lifestyle for Over 50s](#)

Sonder Radio

If you are interested in creativity, and want to develop your skills, confidence and promote wellbeing, Sonder radio offers courses to support Manchester residents aged 50+

www.sonderradio.com

Gov.UK Help

This page provides information for those working past 50, including returning to work, improving your skills and CV, apprenticeships, and self-employment guidance.

[Help and support for older workers - GOV.UK](#)

Apprenticeships

It is a common misconception that apprenticeships are only for younger people. Apprenticeships are suitable for all ages and are a great way to gain qualifications and work experience. To view current apprenticeships, please use the link below:

[Skills for Life: it all starts with skills | Skills for Careers](#)

Manchester City Council

Find information on the support available to help you find training courses, volunteering opportunities and employment.

[Work, jobs, training and advice | Manchester City Council](#)

Work and Skills Bulletin

The Work and Skills Bulletin is posted weekly and promotes new jobs and training opportunities in Manchester. To sign up, use the following link:

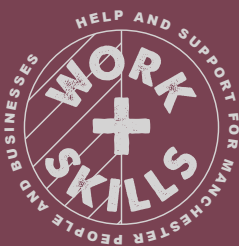
[Manchester City Council - Work and Skills Bulletin](#)

Age Friendly Manchester

This website offers information around health and wellbeing, activities in local areas, transport, employment and more:

[Our Work | Find out about Age Friendly Manchester | Manchester City Council](#)





Training, Job-seeking,
Apprenticeships, Advice,
Experience, Volunteering



unesco

Member
Global Network of
Learning Cities

manchester.gov.uk/work