



LIFEWORKS

NEWSLETTER - SUMMER 2020 UPDATE



We are proud to say we're still operating and here to help when people need support during these troubling times. Since lockdown began all the way back on 23rd March, our team have been hard at work to ensure we can continue to offer

AWARD FINALISTS

We're so proud to be finalists for the [Soldiering On Awards 2020](#). We are in the Education, Training and Development category for our work helping veterans and military families into employment. The Award Ceremony is now on 2nd October 2020. Don't worry we will remind you nearer the time to keep your fingers crossed!

our support in different ways to veterans and military families. We have been running online individual coaching sessions via video call, group discussion and information video sessions, and of course, our LifeWorks Families online learning system has been going strong.

Since April, we have seen a huge increase in registrations from military families accessing our own online content. We are delighted that they have been able to get the support they need, accessed in a safe way and at their own pace.

Of course, some business continues as usual - for us, this means our Reachback for those who have previously attended a course, mostly those in the last 12 months. On a busy week, our progression advisor, Roger Leeder has been speaking with over 30 people. This can

involve anything from positive discussions on jobs gained, to linking veterans back in with coaches for support with individual job applications. During the last couple of months, we are delighted to have had some fantastic feedback from delegates who have thanked the team for helping them to secure the jobs that they had identified whilst on the course. One of these was described simply as his "dream job", which is always pleasing and especially so at these tough times when our coaches aren't able to get out and about as usual.

To conclude, despite Covid-19, we are continuing to deliver, are looking forward to how courses could be delivered as restrictions ease, and are proud to say "LifeWorks Still Works"!!!



MILLIE'S STORY

Both Millie's parents served in the Forces. Because of Covid-19, like many others her age, she was forced to leave school early with no certainty as to her next steps.

Millie had no idea what she wanted to do as a career, so she spoke with one of our vocational assessors who helped her understand options open to her and what sectors she might be interested in working within.

She was then put in touch with LifeWorks coach Stu, who has been helping her with her CV and apprenticeship applications via Skype. He is now also helping her to prep for an upcoming apprenticeship interview! We all wish Millie good luck.

Millie says: "I would really recommend this to anyone who is in my situation and doesn't know what they want to do or just needs a bit of help".

NINA HELPS TEAM RUBICON



One of our LifeWorks beneficiaries, Nina, volunteered with Team Rubicon UK for several weeks working in the pop-up shop at a London Hospital during the peak COVID-19 period and has gone on to support Help NHS Heroes. Nina who has unfortunately been unemployed since last November, attended LifeWorks

in January and recently told us that LifeWorks really boosted her confidence, working with Team Rubicon UK helped her get in the right mind-set to return to work and she's found volunteering as a natural progression from LifeWorks. We wish Nina luck – and as ever, remain here to help.

LIFEWORKS TOP TIPS



LifeWorks Coach Stu gives some quick advice to help with job searching and applications.

TOP TIP #1

Give your career the time that it deserves by planning your activities and setting goals. Put aside the time to do this with the minimum of distractions, this will help you to focus on quality rather than quantity.

TOP TIP #2

Start your CV with a template. Keep your CV to 1-2 pages and simply use the bits that are needed for that particular job. If you need help tailoring your CV for a particular job, our team are happy to help.

LIFEWORKS TEAM UPDATE



Laura Lewin, LifeWorks Engagement Manager

We took the decision to pause all face to face delivery early in the COVID-19 pandemic and as a team used to working on the road and delivering our content remotely, we were quickly able to continue supporting veterans and military families virtually – albeit in reduced numbers. Like many organisations we furloughed a fair chunk of the team and those left behind, holding the fort, have put in some sterling work under testing circumstances.

One of our coaches Stu, with 19 years experience in the Army and uniformed services, continued to support many beneficiaries throughout lockdown. A former Sapper, Stu was able to manage the challenges of working from home, regular IT blips, “Zoom fatigue” and missing his

beloved Hartlepool United with ease; and his engaging style with a passion for helping others make positive changes has shone through. Stu has been ably assisted by another coach, Claire, who was a Paramedic for 10 years before joining us and has been invaluable in providing sage and considered employability advice to those who have been in touch.

Our very own Oracle of military welfare Roger, continues to provide the ReachBack service that sets us apart from others. He also manned the 0800 number and the inbox for many weeks and has provided a recognised and trusted voice to many veterans during these difficult times.

Laura, one of our Engagement Managers, quickly got to grips with what was required after returning from a short period of furlough and has worked to increase awareness of the online and remote opportunities available to the military community, and with other key stakeholders. Laura has also been assisted by James who has worked with beneficiaries to ensure they have the info needed to register on group or individual calls.

A BRIEF NOTE FROM RBLI'S HEAD OF ARMED FORCES EMPLOYMENT SUPPORT

The COVID-19 tide seems to be on the turn and my team remain on hand to support members of the military community who need our help now, and continue to ready themselves to manage a likely increase in those seeking employability support over the coming months. We appreciate many veterans and military family members will have been forced to reassess their employment situation, additionally there will be others who have spent lockdown weighing up options and considering their future. Many veterans have decided to Rejoin, while some will make career changes, others simply need a job to pay the bills – this is where we can help.

TAKE OUR SURVEY!

This short survey will only take 5 minutes, but will help us shape LifeWorks for veterans and military families for years to come. Ends 14 Jun.

<https://www.surveymonkey.co.uk/r/LifeWorks-2020researchandreview>

We're all too aware of the positive impact veterans and military family members can bring any organisation given the chance. We feel sure, with the confidence boost and self-efficacy LifeWorks can provide, combined with the inbuilt resilience of the military community, beneficiaries can come out of the COVID-19 crisis in a better place than many, quicker to exploit opportunities and ready to add value again.

As well as working with veterans and families, our team are hosting virtual conversations with referral partners like the Poppy Factory, Veterans Gateway, the tri-service Forces Families Federations and the Armed Forces Champions at DWP particularly. We realise collaboration with our referral partners is vital, more so now than ever.

Planning for life after lockdown is almost complete and we are conducting a full review into the future of LifeWorks as we look to move into our 10th year. We hope you are able to complete the survey and help us shape LifeWorks for the future.

CONTACT LIFEWORKS

Many of the people we support come to us direct from a personal referral. If you know a veteran or military family member who could benefit from our support, please get in touch using the details below.

0800 319 6844

lifeworks@rbli.co.uk

UPCOMING REMOTE SESSIONS

Due to recent guidance on COVID-19, we made the difficult decision to postpone our face-to-face courses until at least the end of July. In the meantime we are running online sessions for veterans and military families. Individuals must book to confirm a space.

Thurs 11th June 2020	12 noon	Families introduction session
Fri 12th June 2020	10am	Veterans introduction session
Thurs 18th June 2020	12 noon	Families introduction session
Fri 19th June 2020	10am	Veterans introduction session
Thurs 25th June 2020	12 noon	Families introduction session
Fri 26th June 2020	10am	Veterans introduction session

USEFUL EMPLOYMENT SCHEMES & WEBSITES

Below are the details of some employment schemes across the UK specifically designed for military veterans or military families, as well as other useful websites.

VETS - Veteran Employment Scheme	veteranemployment.co.uk/
Network Rail - Armed Forces into Rail	networkrail.co.uk/careers/
DoE Troops to Teachers	ucas.com/teaching-option/troops-teachers
High Ground Virtual Rural Weeks	cobseo.org.uk/virtual-rural-weeks/
Forces Families Jobs	forcesfamiliesjobs.co.uk/
Jobcentre Plus Job Help	https://jobhelp.campaign.gov.uk/



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