



changing lives
reducing crime

Getting into work or training

If you want a job or to get into education or training when you leave prison, this leaflet is for you. It sets out what you need to do to find employment or training and how to overcome some of the obstacles you may face.



The problems you face

If you are looking for a job after prison, the main problem you face is employers' attitudes. Most employers look for people with a good work track record and no criminal record, and this creates obstacles for many prisoners.

If you do find a job or an education or training place, one of the biggest problems can be finding money for things like clothing, equipment, books and course fees. There is very little funding available apart from what government schemes provide. But there are charitable trusts that will sometimes provide small amounts of funding.

What you can do

While it may not be easy, there are things you can do to increase your chance of success including:

Show that you can do the job

Despite general employer attitudes, there are still many employers who will consider taking you on if you have the ability to do the job and you are the best person for it. This is especially true of private sector employers. However, you will need to reassure employers that you are not a risk and that you have a good attitude to work.

Ask family and friends

One of the best ways of finding a job is through informal contacts. One in four jobs are found through relatives and friends who know of someone who can offer a job.

Consider education and training

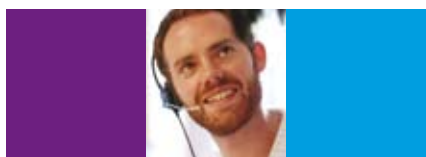
Many people want to find a job when they leave prison because they need to earn money. But if you will be leaving prison with a lot of unresolved problems, you may not be ready for employment and may be better off looking for an education or training place where you will get some support.

Contact Nacro's Resettlement *Plus* Helpline (freephone)

Nacro's Resettlement *Plus* Helpline can provide you with help if you are looking for a job. We cannot supply you with a list of employers who are prepared to take people straight from prison because no such list exists. But we can provide you with guidance on applying for work with a criminal record. Call us free on 0800 0181 259 or write to us at the following address: Nacro, 159 Clapham Road, London SW9 0PU.

The helpline can also provide information about education and training services in your home area. Tell us which town or city you intend to go to when you leave prison, and we will find out what services are available in that area to help you.

We can also provide information about getting funding for education and training. Any application you make for funding will need to be strong and, where necessary, you should also get help with this within the prison.





Nacro's Resettlement Plus Helpline provides an information and advice service for prisoners, ex-offenders, family and friends and others who need help with housing, jobs, education and training, and other matters affecting people with a criminal record. **You can ring the helpline on 0800 0181 259** or write to us at the following address: **Nacro, 159 Clapham Road, London SW9 0PU**. The service is open between 9am and 5pm, Monday to Friday.

www.nacro.org.uk

Getting into work or training

- Show employers that you can do the job and that you have a good attitude to work
- Ask family and friends if they know of someone who can offer a job
- Consider education or training
- Contact Nacro's **Resettlement *Plus* Helpline**

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