



## Work and learning

Finding a job or learning something new are great ways to keep busy, meet new people and to keep your mind and body fit.

As you get older, or if you are experiencing problems with health or a disability, you may feel there are fewer opportunities out there for you to work or go into education, and this can be frustrating.

The information on these pages will hopefully show you that there are plenty of places where you can go for advice and support, will help you to understand your rights, and may even give you some ideas you hadn't considered before.

Within this section of the site you can find out about options for starting or returning to work, as well as opportunities for furthering your education - it's never too late to pick up new skills.

Take a look at some of the pages for work and learning from the menu on the left of this page.

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