Transcript - James

From the point of view of being a carer, reflection...time to reflect actually, is often something that people have little of, and if they’re able to come along to a course such as the one that you’re providing today, it allows them that time to think about, ‘well, yes, my life might be full of domesticity and I might have to do lots of practical jobs every day just in order to make sure that my loved one is warm, fed, clothed, clean, medicated, etc.’ but those are also areas of life which provide you with experiences that translate to skills that you can use in future employment opportunity perhaps. So, for example, organisation, communication... they’re all things that lots of carers do all the time with a diverse range of people, but perhaps wouldn’t think to be putting them down on an application for education or indeed for employment because it’s something they do at home so it’s something they see as just being themselves, a personal attribute as opposed to something with market value, and I think that’s very important for people to be able to broaden their horizons and think in terms of ‘well, I do have value; I have many skills or ...strings to my bow, so actually I will be able to go out there and promote myself and believe in myself enough to be able to do well in a more academic or indeed employment capacity.’