**Returning to work after redundancy - Paula's story: Transcript**

0:00 Paula: I honestly thought that at 59, when I was first made redundant,

0:04 that there was going to be a problem with me finding new employment, because of my age.

0:10 I was made redundant for the second time in two years at the age of 61.

0:16 I found it very difficult being out of work. It’s… er, got to pay the mortgage,

0:21 got to pay the bills. I'm not one to be

0:23 out of work. It gives me structure. I’m Paula Fisher, I'm from Porthcawl, South Wales.

0:28 I’m 64 years of age and I work for Tempo Time Credits as a finance assistant.

0:34 So, I gave the jobcentre a ring and they put me in touch with Careers Wales.

0:39 They were amazing - I can't speak highly enough, how they helped me.

0:45 And I had funding and training within three weeks that would help

0:48 me enhance my chances of getting employment. You can teach this old dog new tricks any day.

0:54 Rachel: Employing someone like Paula, who's got a really rich history of experience and

1:01 skills and knowledge that she's developed over her working career -

1:04 so, bringing Paula in to Tempo has meant that we've benefited from those

1:09 years that sort of went before. I think age is just a number. I

1:13 think look at the person and look what you'll benefit from as a result of taking them on.

1:18 Paula: I just enjoy working. I've got an amazing work/life balance.

1:22 Don't be put off whatever age you are, or think that you're on the scrap heap.

1:27 Employers want people with your knowledge and people with your skills.