**Returning To Work After Redundancy - Cliff's story: Transcript**

0:00 Before, obviously, I wasn't working.

0:02 Every day was the same.

0:03 You were getting up when you like,

0:04 which is not a great thing to do because you just get yourself in a real bad state.

0:09 My name's Cliff Davitt.

0:10 I live in Edinburgh.

0:11 I am 61 years of age.

0:12 I will be 62 at the end of this year, just before Christmas.

0:15 I had quite a bad stroke just mid-September.

0:18 It was in 2019.

0:20 I realised that the job I had, I wasn't going to be able to do

0:23 - just far too physical.

0:24 There were some low points, it was a major concern for me

0:28 going back to work after four year off and on, stop, start, stop, start.

0:34 I never had a CV until basically 2020

0:38 when I got involved with Age at Work,

0:41 so it is like a six week online course.

0:44 So one day the lady Anna and I, she sat for 2 hours online.

0:48 I thought my CV will be absolutely terrible.

0:50 I really didn't think I'd much to offer but at the end of the day I had this CV.

0:54 I thought, ‘Is that me?’ I didn’t recognise myself.

0:58 The person who organised it was Anna.

1:00 She actually said to me at the end of the six weeks

1:02 that she knew somebody in Waitrose,

1:04 because I lived in Edinburgh, I could get a placement at Waitrose

1:08 for six weeks, so I done the six weeks where it went really well, people were lovely,

1:12 but there was no job at the time

1:13 so the manager at that time gave me a glowing reference. Later on that year

1:17 I actually heard about a full-time job back here.

1:19 So I applied for the job and they recognised my name, they knew me,

1:22 I'm still here now.

1:23 I think you should go back to work if you can do it.

1:25 You should go back to work not just for the job,

1:28 but because you’re meeting people. I think that's a vital thing - meeting people.

1:31 Since I started working here, my life has definitely changed for the better.