

## Advice and tips

### Get the hours you want:

- Make sure your availability is kept fully up to date on eCruit. This is the first place we go to fill shifts.
- You will be offered more work opportunities the more flexible you are over location and hours.
- Maintain a good attendance record and submit your timesheets promptly.

### Communicate early on any change in your availability for work:

- To help us maintain good relationships with employers we need to ensure people turn up to do the required work. So if you are likely to be unavailable please call us early.

### Training and Development:

- Unfortunately we are not in a position to provide long term training and development. But we do provide relevant training courses for certain roles.

