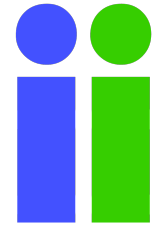


Twiningenterprise **mental wellbeing through work**

Mental Health and Work

28th January, 2010

Introduction



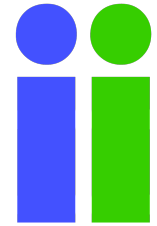
Andy Webb

Quality & Development Manager

07961 725710

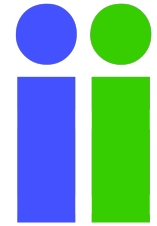
a.webb@twiningenterprise.org.uk

Overview



- About Twining Enterprise
- Work and Mental Health
- Our Approach
- What We Can All Do
- Any Questions?

Mission Statement

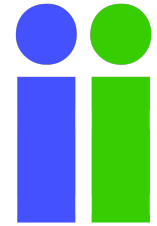


To improve mental wellbeing through
helping people in and into work

We provide tailored, practical support to
individuals, employers and our
community

**“We believe that everyone has the right
to work, and the benefits it provides”**

Background



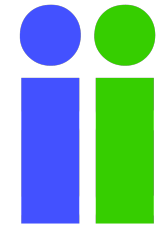
- Local charity since 1995
- Founded at Twining Centre, Twickenham
- Deliver services across West London:
Ealing, Hounslow, Hammersmith & Fulham
- 25 staff
- Aim to be representative of communities we work in
- Over 600 clients last year (2008-09)

Last Year Highlights

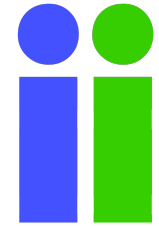


- 26 people into new jobs
- 39 people into new volunteering positions
- 21 people into new mainstream education
- 119 people retained in employment
- 53 supported into other structured activity
- New beneficiary-led tracking department
- Relocated to Ealing
- Matrix re-accredited for 3 years

West London



Working in Partnership



- Ealing Local Authority and PCT
- Hounslow Local Authority and PCT
- West London Mental Health Trust
- London Development Agency and European Social Fund
- City Parochial Foundation
- Prospects, Citizens Trust, Action Acton

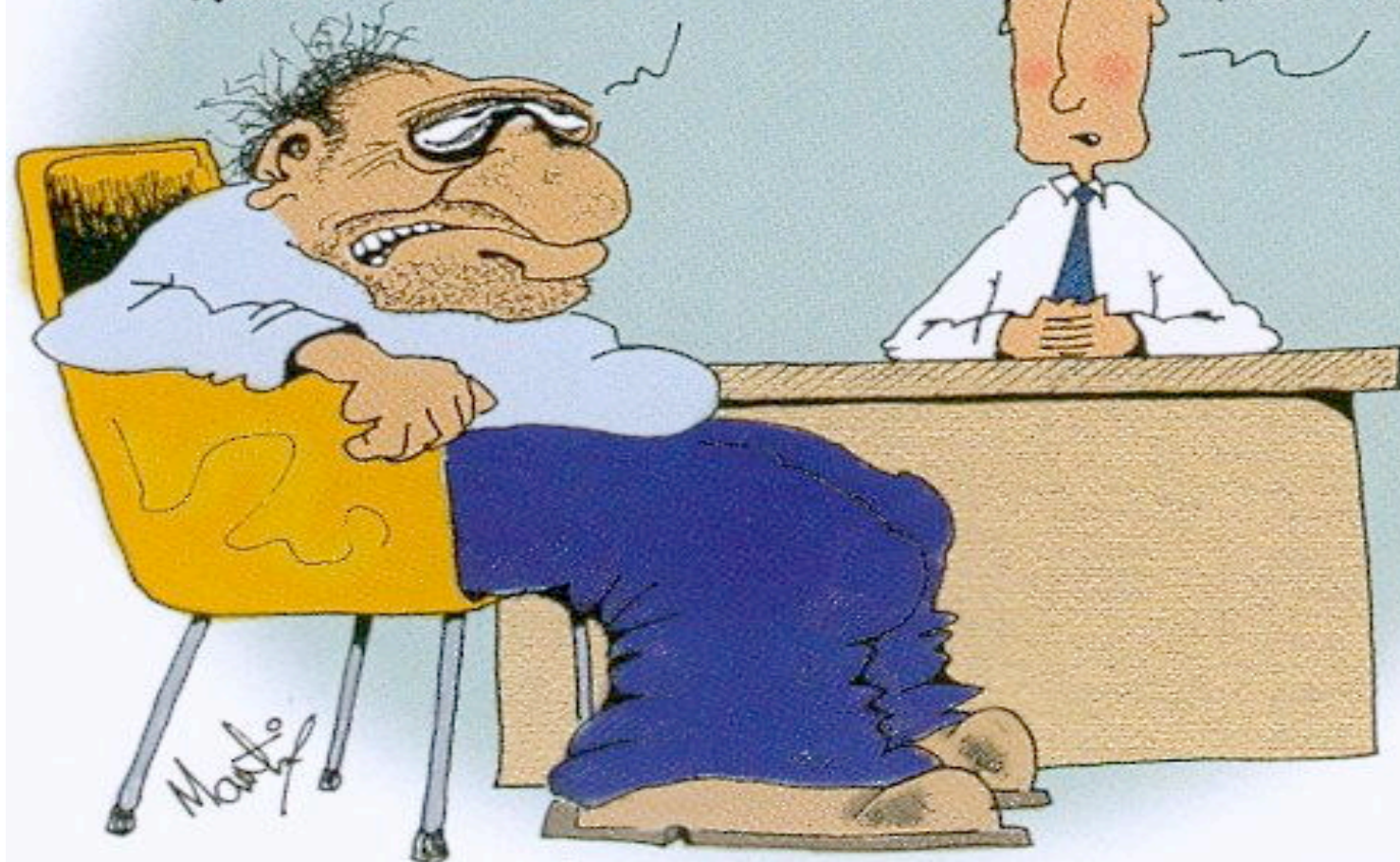
Work and Mental Health



- Work has beneficial effect on mental health
- Unemployment adversely affects mental health.
- People with mental health needs suffer far greater rates of worklessness, with studies showing only 24% are currently in work.
- One in four employees will have a mental health problem in any one year

"Can't sleep, can't eat,
can't concentrate,
feel worthless,
anxious all the time,
want to die....."

"I'm sorry to
hear that, doctor!"



Why Work?

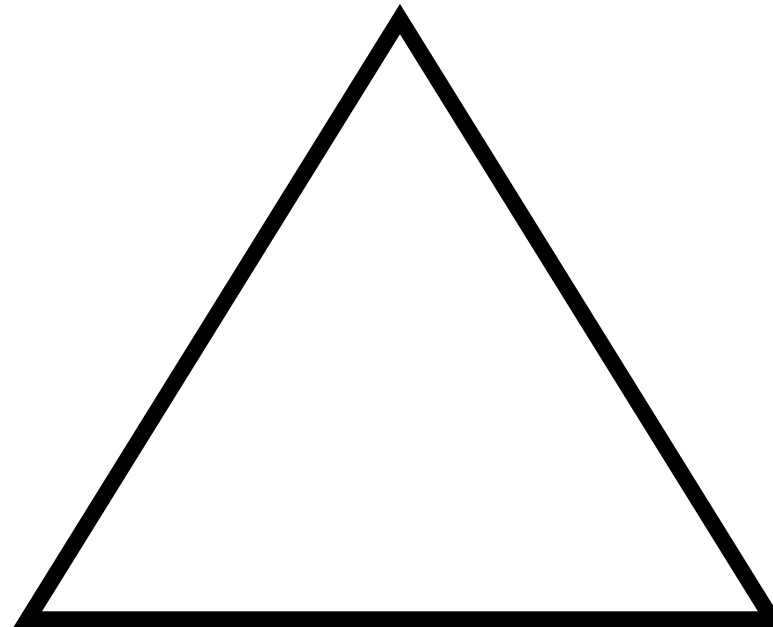


- Sense of purpose, value and self esteem
- Social interaction
- Improve and maintain skills
- Build and maintain confidence
- Track record/ CV building
- Contribute to community

The Link



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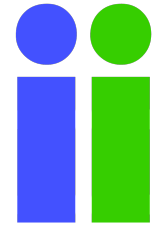
Service Principles



Our services are:

- Integrated into healthcare settings
- Community based i.e. delivered where they are needed
- Delivered on a one-to-one basis
- Tailored and based on individual aspiration and need
- Available as long as needed

Core Services



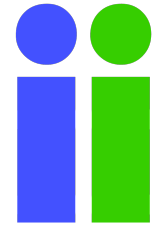
- Vocational Services within clinical mental health services:

Community Mental Health Teams for severe and enduring MH problems

Improving Access to Psychological Therapies (IAPT) provision for mild to moderate MH problems

Adult Early Intervention in Psychosis Service (EIS) for young people experiencing first psychotic episodes .

Core Services



Community based services:

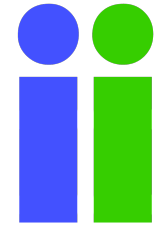
- Community access e.g. nextstep Information, Advice and Guidance (IAG) & Ealing One Stop Shop for Jobs Network
- Support and training for employers
- Education settings (inc. EHWLC)
- Employability skills training (partnership with Citizen's Trust/LSC/ESF)

What Our Advisors Do



- Needs assessment and ongoing action planning
- Support to overcome barriers
- Help with Application Forms and CVs
- Personal development and interview skills
- Job Brokering
- Time unlimited support

What Our Advisors Do



- Disclosure Advice
- Retention
- Reasonable workplace adjustments (inc. DDA)
- 3-way meetings
- Management support and training

Resources



Shift... Line Managers' Resource – a practical guide to managing and supporting people with mental health problems at work.

www.shift.org.uk



Resources



Mindful Employer

Increasing awareness of mental health in the workplace

www.mindfulemployer.net



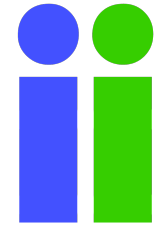
Sainsbury Centre for Mental Health

www.scmh.org.uk



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What we can all do



From the Foresight Mental Capital & Wellbeing Project: “5 a day”

1. Connect...
2. Be Active...
3. Take notice...
4. Keep learning...
5. Give...

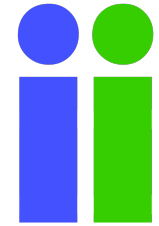


Working Together



- Partners in West London
- Sharing expertise
- Employer service developments

Contact Twining



- Phone 020 8840 8833
- Email info@twiningenterprise.org.uk
- Web www.twiningenterprise.org.uk
- Office 84 Uxbridge Rd, Ealing

Thank you!

