

Hounslow **mental health and** **employment**

Service Directory 2018

**A directory of services available to residents
of the London Borough of Hounslow
that are connected to mental health and
employment**

Welcome to the Hounslow Mental Health Employment Network Services Directory

Inside, you will find information on organisations offering a range of services and support for Hounslow residents who are thinking about getting into or returning to employment. We have included some useful online links too.

Some of the organisations also offer services to people who are already in work and feel the need for some additional support. This is known as Job Retention support.

Each organisation provides a brief introduction to what they offer as well as their contact details and eligibility criteria.

The directory is organised into three categories:

1. Volunteering
2. Employment and Training
3. Educational opportunities

What is the Hounslow Mental Health Employment Network?

The network brings together a range of providers in the Borough of Hounslow that support people who experience barriers to employment in relation to their mental health.

While member organisations vary in their approach, the network aims to contribute to creating the best possible employment outcomes for those who use our range of services.



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1. Volunteering

For many people, volunteering can be a great step towards employment. Getting used to a working environment, learning new skills and building up confidence, stamina and resilience are just some of the reasons people choose this as a path towards employment.

For those wanting to search online for volunteering opportunities, here are a few useful websites:

Do-It

Search engine for volunteering opportunities across London.

Website: <https://do-it.org/>

Charity Job

Search engine for volunteering opportunities and courses across London

Website: www.charityjob.co.uk/

Email: info@charityjob.co.uk

Tel: 0208 939 8430

Volunteering Hounslow

A volunteering service designed to recruit and support volunteers seeking opportunities, and organisations seeking volunteers. We provide an online platform for volunteers to search and apply for roles and for organisations to promote them. Alongside this, we provide advice sessions in person and training and events for both volunteers and organisations.

Help Your Health

Help Your Health is the same service as described above but is designed to give extra support to volunteers with disabilities and long-term health conditions. We conduct an initial health assessment, directly find and help people to apply for roles, accompany volunteers for interviews and/or initial volunteering days, and support both them and the organisation for 12 weeks, giving reward and recognition at the conclusion of this period.

Eligibility:

Volunteering Hounslow: Volunteers must live, work or study in the borough of Hounslow

Help Your Health: Volunteers must live, work or study in the borough of Hounslow and have had a long-term health condition for at least one year, or be expected to have the condition for at least a year going forward.

Referrals:

Volunteering Hounslow: Volunteers and organisations can register with us on Volunteer Connect at www.volunteeringhounslow.org.uk

In person drop-ins for volunteers on Thursdays at the CAN Mezzanine, Treaty Centre, Hounslow between 1pm-3pm.

No appointment necessary.

Help Your Health: Volunteers must attend a drop-in to register on Tuesday or Thursday at the Can Mezzanine, Treaty Centre between 1pm-3pm.

No appointment necessary.

Contact information:

Tel: 0300 365 9930

Address: 18-21 Morley Street, London, SE1 7QZ

Email: enquiry@volunteeringhounslow.org.uk
helpyourhealth@volunteeringhounslow.org.uk

Website: www.volunteeringhounslow.org.uk

2. Employment & Training

The organisations listed in this section offer a range of services to people who want to get into or return to paid employment. Some of the organisations listed also offer job retention support to people who are currently in paid employment and feel the need for some additional support to stay in work.

Several organisations offer services to more than one group of clients, so please read through to see which is most suitable for you.

Work & Mental Wellbeing

Work can contribute to health and wellbeing in many ways, for example:

- Most jobs involve working with other people, be that with colleagues or customers, which helps us to increase and vary our contact with others and expand our social network
- Work can add to our sense of purpose and meaning in how we spend our time, contribute to our sense of identity and to how we define ourselves
- Increase our sense of independence and autonomy through earning an income
- Build confidence through strengthening existing skills and learning and developing new ones
- Helping to keep us physically and mentally active, contributing to our overall health





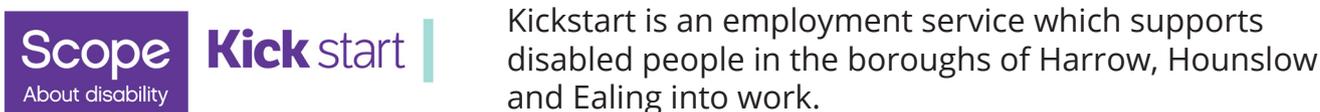
Scope: Starting Line and Kickstart



Starting Line is a pre-employment service which supports disabled people with multiple employment barriers in the boroughs of Harrow, Hounslow and Ealing into work.

The services deliver tailored training, specialist coaching and work opportunities that best meet the needs of residents with varied impairments.

Our team are skilled at helping disabled people to develop employability skills that make them more job ready and able to take important steps towards securing employment.



Kickstart is an employment service which supports disabled people in the boroughs of Harrow, Hounslow and Ealing into work.

The services deliver specialist IAG, tailored training and work opportunities that best meet the needs of residents with varied impairments. Our team are skilled at communicating to employers the strengths of our disabled customers. We provide extensive support for complex needs to ensure progress into employment is both achieved and sustained.

Eligibility:

- All working ages from 16 plus
- Pan disability.

Referrals:

We are happy to receive referrals by phone or email using contact information below.

Contact information:

Tel: 0208 280 2250

Address: 63 Mattock Lane, West Ealing, London, W13 9LA

Email: startingline@scope.org.uk
kickstart@scope.org.uk

Website: www.scope.org.uk/startingline
www.scope.org.uk/kickstart



Hestia: Hounslow Community Mental Health Resource Service

We are a community based mental health support service offering a range of therapeutic groups.

We support individuals into employment, education or training by helping them break down barriers; building self-confidence; encouraging engagement with the local community; offering opportunities to meet new people and signposting to other relevant external agencies.

Eligibility:

- Age 16+
- Diagnosed mental health needs and accessing services from West London Mental Health NHS Trust
- Lower level mental health needs
- Resident of the London Borough of Hounslow

Referrals:

You can self- refer or be referred by any professional in the borough.



Contact information:

Tel: 0203 096 4300

Address: CAN Mezzanine, 2nd Floor The Treaty Centre, High Sreet, Hounslow, TW3 1ES

Email: hcmhrsreferrals@hestia.org

Website: www.hestia.org



Work Hounslow

- Want to get back into work?
- Looking for a career change?
- Want to know more about apprenticeships?
- Need advice on your CV?
- Interested in career progression and learning new skills?

Work Hounslow offers free information, advice and guidance on your employment options.

We can help you with job search, apprenticeships, CV advice, career progression, training and advice.

We also offer Hounslow residents one-to-one, tailored advice and support to get you into work and help you progress in your career.

Eligibility:

- Hounslow resident

Referrals:

Use the contact information below

Contact information:

Tel: 020 8583 6174

Email: work@hounslow.gov.uk

Website: www.hounslow.gov.uk/workhounslow



Advice and support for people with disabilities to find and/or retain paid work

Examples of support to find paid work include:

- Vocational profiling and advice on how to search for jobs effectively
- Advice on producing an effective CV, supporting statements and covering letters
- Advice on voluntary work, apprenticeships and work placements
- Help to negotiate adjustments with a prospective employer
- Information on the Equality Act and rights at work
- Signposting to organisations that can provide additional help

Examples of job retention support include:

- Support to identify and put in place adjustments to overcome disability-related barriers to success at work
- Advice on Access to Work and funding of extra costs
- Help to negotiate with an employer, representation at meetings and dispute resolution
- Arrangement of job coaching and other training
- Information on the Equality Act, rights at work and other useful services

Eligibility:

- Meet the definition of disability in the Equality Act 2010
- Resident in London Borough of Hounslow if not yet in paid work
- Residing or working in London Borough of Hounslow for those in paid work

Referrals:

Anyone can make a referral by contacting Tom Frankish by email or phone.

Contact information:

Tel: 07816 591 274 or 0208 583 6142

Address: Employment Opportunities Service, Civic Centre, Hounslow TW3 4DN

Email: tom.frankish@hounslow.gov.uk

Website: www.careplace.org.uk/Services/13788/Employment



Green Corridor: Pick, Cook and Serve

A practical course where you learn about cooking, food safety and the catering industry. Courses run twice a week and you can choose from a 6-week or more higher level 12-week course.

You leave the course with a qualification in Basic cookery skills and we support you to get into the catering or hospitality industry with our links to local employers.

Learn in groups of no more than 6 people at our centre just outside Heathrow Terminal 5. We pick you up from Heathrow Terminal 5 and we can pay for travel in some circumstances.

Eligibility:

- Aged 16 -25
- Must live in Hillingdon, Hounslow or Ealing
- Must be out of full time work, training or employment

Please contact us if you do not meet these criteria but still want to attend – we may be able to offer you a place if we have spaces available.

Referrals:

Contact Jo Dixon using the contact information below.

Contact information:

Tel: Main Office: 01753 687 236
Jo Dixon: 07401 703 486

Address: Green Corridor, Main Road Nurseries, Stanwell Moor Road
TW19 6BS

Email: joanne@greencorridor.org.uk

Website: www.greencorridor.org.uk



Green Corridor: Dig, Plant & Grow

You learn a whole range of Horticultural skills so that you are able to Dig, Plant & Grow your own crops, cultivate land and work in a practical safe manner. Our courses are practical with minimal written work. You learn everything you need to know about our plots, in our plots!

The course is specifically designed for those young people who struggle within mainstream education so group sizes are kept to 7 Young People to 1 tutor, you have regular 1:1's with our Youth Mentor and we have an extended & rolling term so you can join throughout the year and take as long as you need.

Additional qualifications such as Personal Development Skills and Functional skills are available to add to your portfolio. You can attend 2 – 4 days per week, depending on your needs and your current commitments, courses typically take 12 – 18 months to complete. Our main centre is just outside Heathrow Terminal 5 but you will also go offsite to other projects around the area. We pick you up from Heathrow Terminal 5 and we can pay for travel in some circumstances.

Eligibility:

- Aged 16 -25
- Have a EHCP or be eligible to get this support

Referrals:

Contact Jo Dixon

Contact information:

Tel: Main Office: 01753 687 236
Jo Dixon: 07401 703 486

Address: Main Road Nurseries
Stanwell Moor Road
TW19 6BS

Email: joanne@greencorridor.org.uk

Website: www.greencorridor.org.uk

Youth Employment Skills (YES) offers support to young people in Hounslow aged 18-24 who are not currently in employment, education or training and who have mental health, homelessness or substance misuse issues.

Eligibility:

Must be 18-24 and not in employment, education or training with mental health, substance misuse or homelessness issues including “sofa surfing”, or from a Black, Asian or Minority Ethnic background. Can be receiving out of work benefits, or not.

Referrals:

Please call or email Sailesh Seepaul.



Contact information:

Tel: Sailesh Seepaul - 0208 206 5550

Address: 2nd Floor Ashley House
86-94 High Street
Hounslow
TW3 1NH

Email: sailesh.seepaul@reed.co.uk

Website: <http://yesldn.org/>

Based within the Hounslow Improving Access to Psychological Therapies (IAPT) team, clients are offered confidential one-to-one meetings with an Employment Advisor.

The Advisor works with the IAPT clinical workers in the team to make employment support a part of your overall package of care and treatment. What we do really depends on the client, however, below are examples of ways we can provide practical support:

- Writing a great CV & filling out application forms
- Helping you search for jobs
- Welfare benefits advice
- Resolving work place issues, sickness absence, grievances and disciplinary proceedings

We can help clients on sick leave by:

- Exploring return to work solutions with employer
- Seeing what adjustments might help
- Supporting a return to work that is managed and achievable

We can help clients struggling in work by:

- Addressing any difficulties at work
- Helping gain support from employers, human resources or occupational health
- Advising on new roles/jobs/careers, if needed

Eligibility:

For anyone receiving support from IAPT

- Has a diagnosis of depression or anxiety
- Hounslow GP
- Is receiving support from the IAPT team
- Wants to find work, return to work from sickness absence or stay in work
- Is unemployed or signed off sick from work, or in work but struggling

Referrals:

Speak with your IAPT Clinician or contact Anita Addison on **07961 725 510**

Specialist employment support for people aged 18+ with common mental health conditions.

This is a brand new service with Employment Specialists fully integrated within IAPT clinical teams and Job Centre Plus

- 1:1 support to enter mainstream employment
- Follows customers' job preferences and choices
- Support with job searching, CVs and applications
- Engaging with local employers
- Up to six months in-work support

Eligibility

- Anyone living in an eligible ward* in Hounslow
- Has a common mental health condition such as OCD, depression, anxiety or PTSD
- Is unemployed and receiving JSA, ESA or UC
- Is not on the Work Programme
- Meets IAPT eligibility

*Eligible wards: Brentford, Chiswick Homefields, Chiswick Riverside, Cranford, Heston Central, Heston East, Heston West, Hounslow Central, Hounslow Heath, Hounslow South, Hounslow West, Isleworth, Osterley and Spring Grove, Syon and Turnham Green.

Referrals:

Contact: Anita Addison on 0300 1234 698

Email: Hounslow@twiningenterprise.org.uk

Contact information:

Tel: 0208 840 8833

Address: 84 Uxbridge Road, Ealing, London W13 8RA

Email: a.addison@twiningenterprise.org.uk

Website: www.twiningenterprise.org.uk



West London NHS Trust: Vocational Recovery Services



The Vocational Recovery Services supports people under the care of the West London NHS Trust Hounslow Recovery Teams to work towards their vocational goals in the following ways:

Work Experience

For clients who want a more gradual return to a working environment, building skills and confidence through securing a goal-oriented work experience placement.

Employment Advisor Support

For clients who feel ready to take the step into paid employment. Clients work one to one with an Employment Advisor to reach their goal of entering paid employment.

Job Retention

For clients who are currently in paid employment and in need of some support to stay in work.

Eligibility:

The Vocational Recovery Services is available to Service Users of West London NHS Trust who receive ongoing support from a Hounslow Recovery Team.

Referrals:

The Vocational Recovery Services operates on a system of self-referral. Please contact us direct for a registration form using the contact details below or ask a member of your Recovery Team for a form.

Contact information:

Tel: 0208 483 1859 (Hounslow Recovery Team West)
0208 483 2020 (Hounslow Recovery Team East)

Email: Damien.Witham@wlmht.nhs.uk
Sian.Blithing@wlmht.nhs.uk
Gina.Hayden@nhs.net

Service details

- Health and Wellbeing Support
- Provide employment opportunities
- Strong links with employers – national and local
- Provide participants with specific, individual support
- Help integrate health and social care services for participants.
- Holistic approach to overcoming barriers to employment.
- Participants receive assistance to secure and maintain employment with pre and in work support.
- Support for local job opportunities and industry
- Specialist volunteer support, health and wellbeing support team, outreach services, local specialist providers, earn time credits to spend on local attractions.

Eligibility

- Right to work in the UK
- Unemployed
- Working age adult with disabilities known to adult services; mental or physical
- Offender/ex-offender
- Person affected by the Benefit Cap
- Former member or partner of Armed Forces
- Care leaver
- Refugee
- Young person in a gang
- Victim of domestic violence
- Carer or ex carer
- Homeless or at risk of homelessness
- Person for whom a drug/alcohol dependency (including a history of) presents a significant barrier to employment

Referrals

By sending back the referral sent by contacting the number below or by contacting your local Job Centre Plus (you do not need to be in receipt of benefits).

Contact details

Address: 75-81 Staines Road, Hounslow, TW3 3HW

Phone: 07970 366 315

Email: greg.chittick@shaw-trust.org.uk

Website: <https://politics.wistia.com/medias/mibwg1mvf9>

Department for Work and Pensions

- Assisting claimants with a disability and/or on-going health condition to progress into employment;
- Attend meetings with Employment Advisers and prospective employers to discuss the possibility of employing people with a disability ;
- Up skilling Work Coaches, to help them work more effectively with people with a health issue;
- Liaise with providers to ensure claimants are receiving the correct support for their health condition

Eligibility:

Claiming Universal Credit, Jobseekers Allowance, Employment Support Allowance or Income Support

Referrals:

We make referrals to various approved providers. This is dependent on each claimant, and their specific needs.

Contact information:

Tel: 0208 607 1728/1854/1644

Address: 10 Montague Road, Hounslow, Middlesex, TW3 1LE

Email: Manoj.Shah@dwp.gsi.gov.uk
dimple-.lobo@dwp.gsi.gov.uk
sarah.chapman1@dwp.gsi.gov.uk

Website: www.gov.uk

This innovative new service is delivering integrated employment support with talking therapies to help residents find sustainable work in their chosen field of employment. It aims to improve the quality of residents' lives and enable them to be more independent.

We can help you with:

- Supporting you to improve your confidence and motivation to work
- Providing careers advice and guidance
- Showing you how to write a great CV/fill out application forms
- Teaching you effective job searching approaches
- Improving your interview and presentation techniques
- Helping you prepare for those all-important first days back at work

Eligibility

- Age 25+
- Be unemployed
- GAD7 General Anxiety Disorder Test Questionnaire (GAD) score of 7 or above or a Patient Health Questionnaire (PHQ9) score of at least 6
- They must NOT be on the Work Programme, or Work Choice (or its successor, the Work & Health Programme) Does not need to be in receipt of DWP benefits
- Eligible wards: Bedfont, Feltham North, Feltham West, Hanworth, Hanworth Park

Referrals

Contact: Anita Addison on 0300 1234 698 or

Email: Hounslow@twiningenterprise.org.uk

Contact information:

Tel: 0208 840 8833

Address: 84 Uxbridge Road, Ealing, London W13 8RA

Email: a.addison@twiningenterprise.org.uk

Website: www.twiningenterprise.org.uk

The project supports clients with moderate to mild mental health problems within Hammersmith & Fulham, Ealing and Hounslow to gain and sustain paid employment.

We provide clients with practical employment support through 1-2-1 job coaching, upskilling and peer support groups.

Eligibility

- Unemployed and wanting to gain paid employment
- Have a mild to moderate mental health problem (self-diagnosis is also allowed)
- Are aged 25+
- Not accessing any other ESF funded project (please ask about this when you make contact)

Referrals

Call or send name and contact details using the contact information below.



Contact information:

Tel: 020 7610 0057 or 07718 125 924

Address: 309 Lillie Road
London
SW6 7LL

Email: Charlotte.gurney@hfmind.org.uk

Website: www.hfmind.org.uk

Work Routes 50+ offers support to people aged 50 and over who are unemployed and experiencing barriers to getting into or returning to paid employment

Eligibility:

Must be over the age of 50 and unemployed with highlighted barriers to work. Can be receiving out of work benefits, or not.

Referrals:

Work Routes 50+ : Please call or email Aman Qureshy



WORK ROUTES 50+

Contact information:

Tel: Aman Qureshy - 020 8885 9895

Address: 2nd Floor, Ashley House
86-94 High Street
Hounslow
TW3 1NH

Email: aman.qureshy@reed.co.uk

Website: <http://yesldn.org/>

3. Educational Opportunities

If you are looking to move your career forward, not currently working and have a training need, or simply want to enjoy learning with others, you might find a suitable course on offer at one of the following:



**London Borough
of Hounslow**

**London Borough of Hounslow:
Hounslow Adult &
Community Education**

Hounslow Adult & Community Education has a broad range of courses to choose from, whether you are looking to improve your skills, change your career or return to work, or simply for your personal enjoyment and interest.

Our Skills for Work courses are aimed at people who are looking to work, need to brush up their existing skills or want a change of career. We offer a flexible approach to learning which fits in with busy lives.

Our Community Learning courses include a wide range of subjects such as arts, crafts, Languages, digital technology, cookery and keeping active. They can enable adults of all ages to develop their lives.

Our Family Learning provision ensures that parents have the skills to support their children.

For more information and how to apply:

Details of Adult Education courses, eligibility and fees, are available in our Prospectus via the council's website www.hounslow.gov.uk

To enrol on a course you can call 020 8583 6000 or you can visit one of our main centres in person.

Kingsley Adult Education Centre

Address: Cecil Road, Hounslow, TW3 1NX
(No Parking)

Tel: 020 8583 6000

Meadowbank Adult Education Centre

Address: Community Close, Cranford, TW5 9SX

Tel: 020 8583 6050

Do you want to update your skills and improve your job prospects? Our part-time and evening courses are for adults who want to return to work or study. If you are in work and want more training and a recognised qualification, talk to us about apprenticeships.

Each year West Thames College trains thousands of adults. Courses include:

- FREE courses to help you brush up on your maths or English
- English for Speakers of Other Languages (ESOL)
- Access to Higher Education courses to prepare you for further study
- Professional accountancy and computing
- Beauty therapy, hairdressing and makeup
- Counselling
- Motor vehicle maintenance
- Construction
- Catering
- Teacher training

Some courses require a fee. We offer financial assistance and guidance on loans. See our financial support page.

Find out more information and how to apply:

- Choose the course which is right for you by visiting the College website at www.west-thames.ac.uk/adults
- Visit the college – see the visit us page on the website for the next tour or open day.
- Need help with fees? Speak to the Information Centre to arrange an interview with the student welfare and support adviser.
- Apply online. The enrolment process will depend on the course. The Information Centre will contact to let you know what to do next.

“My life has changed completely, I’m taking less medication, I’m healthier, I’m financially better off, my time is more occupied and I am less anxious now. Thank you for all the support you gave to help me find a job.”

“Before I had vocational recovery services support I was unemployed, lacked confidence and suffered from mental health. I tried looking for jobs in the field I wanted to work in but I was unsuccessful. I thought to myself I will never be able to work again. So I joined vocational recovery services and had a meeting with a specialist. I have been offered a job and I am very thankful to the vocational recovery services for the time and support they gave me. I now feel more confident with everyday tasks and now able to control my anxiety better.”

“My Advisor helped me to help myself get back into work. He was supportive and always good at listening to my issues/queries. I wish him the very best.”

“I only want a part time job, something like stacking shelves as I don’t want to much pressure or responsibility at the moment because I have been out of work so long. I feel like these are positive steps. I would say to anyone thinking about using this service they will get something out of it. I am far more positive about the future.”

“I have stress related psychosis and I find working/returning to work very stressful. I could not have done it without a support network of family and professionals. I would not have been able to do it without being able to create small, achievable goals to help me progress to bigger, long term goals. I now have more confidence in the workplace and have developed assertiveness skills to help when I am experiencing issues in the workplace.”