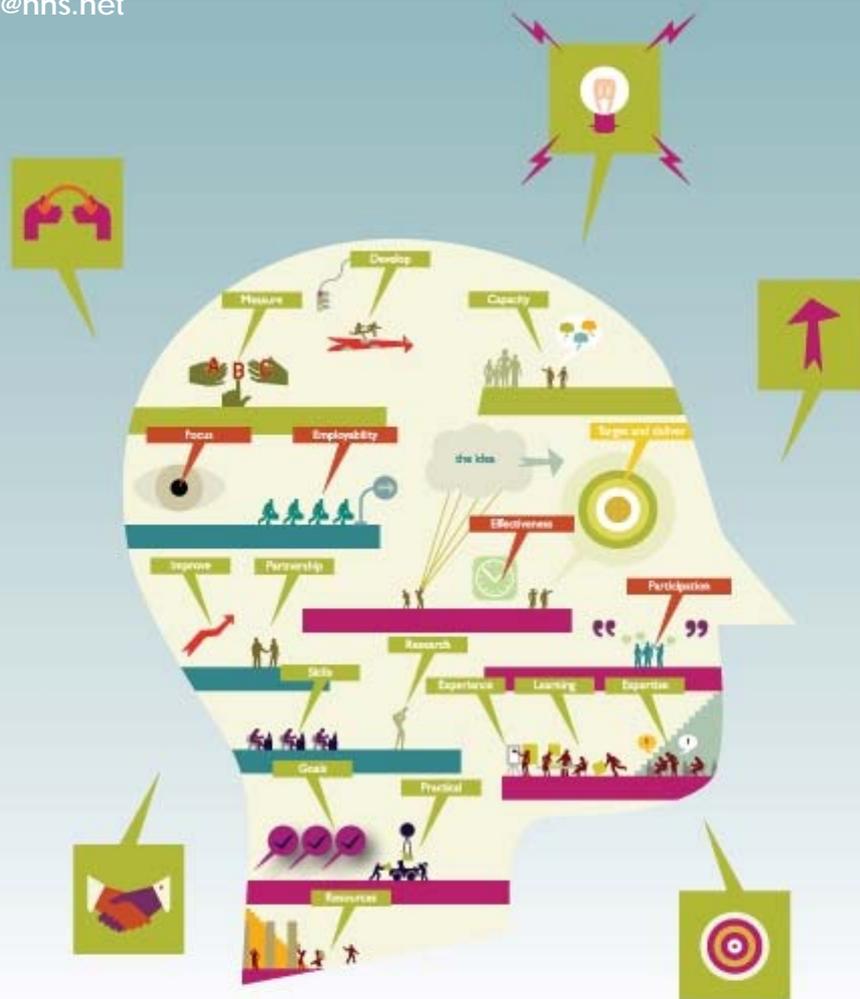


Employability Learning Network

Working Towards Health Client Case Studies

For further information please contact:

Wendy Third, Team Leader
Working Towards Health, (NHS Tayside)
Discover Opportunities Centre,
22-24 Crichton Street, Dundee, DD1 3AN
Tel: 01382 434558/434460
Email: wendy.third@nhs.net



Contact: Joanne Farrow
Employability Team, 5th Floor, 5 Atlantic Quay, 150 Broomielaw, Glasgow G2 8LU

Telephone: 0300 244 1337 | 07919 298 125

Email: joanne.farrow@scotland.gsi.gov.uk

The [Working Towards Health](#) programme is designed to support individuals who are experiencing a health condition which prevents them from participating in work, education or training. It is open to any individual living in the Dundee City area with a mild to moderate health condition, who are in receipt of a working age benefit.



The programme is delivered by NHS Health Practitioners and all interventions are delivered on a one-to-one confidential basis with the aim of facilitating constructive management of health barriers, using a variety of techniques including:

- Cognitive Behavioural Therapy,
- Goal setting, and
- Activity management.

A wide variety of health conditions are covered including depression, anxiety, chronic pain, musculoskeletal problems and general lifestyle management.

As well as being primarily based within the Discover Opportunities Centre, the Health Practitioners can also work in a variety of community venues in order to facilitate ease of access to programme.

This document details two client case studies which demonstrate the work of the programme.



Alan's Story

Alan is a 25 year old man who has experienced severe social anxiety for as long as he can remember. This has impacted on his ability to socialise and enhance his prospects in the labour market. Alan attained 8 Scottish higher grades whilst at school and continued his studies into University, however he failed to complete a degree in applied computing and psychology/philosophy. The main reason for this was the fact that Alan was self medicating his anxieties with illicit substances, mainly opiates. These events led to a psychiatric admission and Alan being detained under the mental health act.

Post discharge Alan was supported to live in his own accommodation by the local mental health service, and as part of his recovery engaged in an NHS supported college course. It was after this that Alan was referred to the Working Towards Health programme at Discover Opportunities Centre in Dundee to continue on his journey of working towards employment.

What help did Alan receive along his employability journey

Alan was supported by adult mental health services to build up confidence and the basic skills required to participate in a 9 week college based course (Moving Forward) that introduced the idea of work, training and education. As a result of this challenging but positive experience Alan gained the confidence and motivation to continue to engage with the NHS, this time in the form of the 'working Towards Health programme' at Discover Opportunities Centre in Dundee.

The aim at this stage was to facilitate continuity of previous skills attained and look to further his journey gradually away from health services and towards employability. Therefore a referral was made to an employability programme and support to attend the initial interview was provided by the health practitioner who will continue to offer support throughout the client's journey.

How valuable was the help?

Alan advises that the supports and interventions that have been put in place have been invaluable in terms of confidence, experience and opportunity. This has been facilitated through the model of partnership working as demonstrated by working directly with the organisations on the employability pipeline in Dundee.

What has been the outcome for Alan?

Alan is currently participating in a 2 week intensive personal development course with Craigowl Communities employment support programme, which leads to the opportunity of participating in an individualised work placement and job brokerage service.



Sharon's Story

Sharon is a lone parent who lives with her daughter in a multi storey block in a large housing estate in Dundee. Sharon attended a 6 week course run exclusively for lone parents, to help address barriers to employment.

Sharon felt isolated from her family and had a fractious relationship with them. This was due to a number of underlying issues, which had impacted significantly on Sharon's mental well being. Sharon had few positive influences in her life and was prone to impulsive behaviour which had the potential for risk.

What help did Sharon receive along her employability journey?

Sharon received a number of different supports. During the lone parent course she was able to access support in relation to applying for jobs, compiling a CV, interview techniques and preparation, as well as the opportunity to undertake a work placement.

Sharon also received health support on a 1:1 basis and developed an action plan that allowed her to deal with depression and anxiety, as well as process her feelings in relation to past events. This allowed her to develop more positive reactions in response to her emotions and lifestyle choices, and allowed her to take ownership of her health.

Sharon also received advice and support in relation to the childcare options that were available to her, and financial assistance to pay a deposit for nursery provision for her daughter, allowing her to move towards employment.

How valuable was the help?

Sharon believes the help proved extremely valuable as she has now addressed many significant barriers and continues to make positive lifestyle choices. Sharon has moved away from previous negative influences in her life, has a more constructive relationship with family members. Sharon displays a higher degree of self awareness and self confidence, which additionally has impacted in a positive manner on her daughter, who she states she now has a stronger bond with.

What has been the outcome for Sharon?

Sharon initially moved into work prior to Christmas however the nature of shifts involved in this proved to be unsustainable for her as she was unable to access appropriate childcare provision.

Sharon has since secured further employment in her chosen field and again has been able to access childcare support to allow her to take up this offer.

The views expressed in learning points and case studies are those of participants and staff and are not necessarily shared by their employers or the Scottish Government.

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