

# Employability Learning Network



## *Salus - Ishan* September 2010

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## Background

Based within Coatbridge, Salus consists of one of the largest NHS based multi-disciplinary teams in Scotland.

Through its various services Salus Case Management Services offer a comprehensive service to clients who are:

- In work and experiencing health problems
- Off sick and requiring help to get back to work
- Seeking work, training or further education and experiencing barriers due to a health problem.
- Experiencing barriers due to being involved in the criminal Justice system.



## Ishan's Story

Ishan moved to Lanarkshire approximately 2 years ago following his marriage to a Scottish female. During our assessment it was clear to see that Ishan was feeling very isolated and with little structure to his days he was experiencing a lack of purpose and motivation. Ishan was very keen to return to work but was having real difficulties with his English and was unsure how he was going to make progress.

His relationship with his wife was very strained and Ishan's feelings of anxiety and depression were eroding his natural resilience.

In addition, Ishan was the target of a gang of local youths and was experiencing regular attacks of antisocial behaviour on his home. He had reported this to the police and had attended a meeting with the council housing office but as yet there had been no progress made.

Ishan was experiencing regular and severe tension headaches which were contributing to the hopelessness he felt about his situation.

Ishan and his wife were giving serious consideration to separating and Ishan returning to Turkey.

## What help did Ishan receive along his employability journey?

It was clear from Ishan's assessment that his anxiety and depression were all related to his current situation so we agreed an action plan that would encourage him to become more active and introduce structure back into his day.

As the headaches were a key issue we started with a referral to physiotherapy to break down the build up of tension in his neck, shoulders and head.

We organized access to his local sports centre to allow him to become more active and facilitate a positive channel for his excess energy. To assist with Ishan's feelings of isolation we sourced the Turkish Community Centre based in Glasgow and encouraged Ishan to attend.

As Ishan was unhappy with the progress he was making with the English Language we sourced an ESOL college course and provided full details on how to enrol.

## How valuable was this help?

Ishan engaged well in all the support provided. He reported that the physiotherapy was helping to reduce the regularity and severity of his headaches which was allowing him to go to the gym. Introducing this gym activity was helping him with his motivation and he has now enrolled in the ESOL course provided at Langside College.

He had started going to the Turkish Community Centre and was beginning to make acquaintances which he felt would develop into friendships and provide the much craved male company.

## What has been the outcome for Ishan?

Ishan continued to attend the Turkish Community Centre and through his connections there was offered a full time job.

The job involved him moving out of the area where he was being targeted by local youths and came with a lease for a flat.

He has moved there with his wife and her family and he is currently enjoying his new job and their new life together.

He has continued with his exercise plan and reports that there has been a further reduction in the regularity of his headaches.

