



WorkWell Case Study



Background

JCP/DWP referral. B has been blind since birth. Educational achievements include a BSc Degree in Complimentary Therapies. Previous self-employed and volunteering experience. Determined and focused to move into paid work.



Support

Through coaching B talked freely about his disability and goal to move into paid work. B was comfortable to use volunteering as a first step back into employment. Together we created a new CV. This helped B to recognise his transferable skills.

Coach signposted B to HVOSS. We attended a joint meeting, where he shared his passion for Complementary Therapy and that he was keen to access training to help personal development. The Coach also supported with an application for a free bus pass.

Issues

Had been actively job searching and connected with some employers. Shared had faced discrimination about his disability relating to views expressed about his capability. This was despite explaining how he manages his disability and what he has achieved to date.

This left B feeling demotivated and lacking in confidence to continue job searching.

Outcome

Via HVOSS passed 5 training courses including Mental Health First Aid and First Aid at Work.

Supported into volunteering at a local charity where B is doing hand massage sessions for their clients. Adjustments were put in place to support his disability.

Now has a free bus pass - helping finances and reducing travel barriers.

'You understood my disability. I feel on the road to back into employment, I have a good foundation of self confidence, have made a lot of positive steps forward. Felt like a good chat about what I would like to do and options. I felt relaxed with you'.



WorkWell Health & Wellbeing Coach Case Study



Background

Referral from JCP/DWP. The Coach met B in a prebooked introductory session to WorkWell at a local JCP. B shared has been blind since birth and uses a cane for orientation. Lives independently, enjoys his local community and social network.

Has successful educational achievements including a BSc in Complementary Therapies and was previously self employed; though faced challenges with this and has previous volunteering experience

Keen to move into paid work and had been actively job searching. Shared he was feeling demotivated due to discrimination he had experienced during this process. His self belief was low, and this was impacting his mood. B was open to using volunteering as a first step back into employment. B self referred into WorkWell with support from the Coach.



How we helped

Through coaching B was able to talk freely about his disability and how he manages his life and travel barriers. The sessions gave him the time and space to share his concerns and worries. Together we developed a plan to help him achieve his goal of moving into paid work.

The Coach supported B to apply for a free bus pass – this was approved (he was not aware that he was entitled to this due to his disability).

A CV creation session helped B to identify his transferable skills.

B engaged positively about wanting to learn new skills and meet new people. To help move this forward we talked about options. This culminated in the Coach signposting B to HVOSS, Hereford. We attended a joint meeting and B signed up to the 'Be Inspired Project' and we discussed volunteering opportunities. We included this detail in his development plan to discuss in future coaching sessions.



The outcome

CV coaching session helped to identify the positives of what he has achieved and his many transferable skills. He was supported into volunteering for a local charity where he offers weekly hand massage for their clients. Adjustments were put in place to support his disability. B is fully embracing this, helping to rebuild his confidence to gain paid work.

Via HVOSS B passed 5 training courses: Mental Health first Aid, First Aid at Work, Autism Awareness, Emotional Intelligence and Interview Skills. Adjustments were put in place to support his disability. Not only does B feel a great sense of achievement and shared he has learnt a lot and met people who were kind and supportive.

'You understood my disability. I feel on the road to back into employment, I have a good foundation of self confidence, I have made a lot of positive steps forward. Felt like a good chat about what I would like to do and options. I felt relaxed with you'.