

Employability Focused Wellbeing Support

What do we do?

Our wellbeing support is open to Monmouthshire residents aged 16 and over. If you don't feel ready for work or you've been out of work for a while, we can explore a tailored range of support to help you manage your wellbeing and explore next steps.

How do we work?

Sometimes it's good to talk to someone who can listen, take time to understand your current situation and work with you in a person-centred way to explore what support is right for you. You don't have to take up our offer if it is not right for you.

I've completed the form, what next?

Our Triage Worker will give you a call to gain some further information. This will help us to direct you to the most appropriate support for you. We appreciate some people may find phone calls or explaining their situation difficult, we have put this resource together to give you a better understanding of what we do and added some questions for you to make some notes if you wish.

I've missed our call, what next?

If you can't talk when we call you, please let us know a day and time to call back. If we can't get hold of you, we will try to call you again. If we can't get hold of you a third time, we will feed this back to the referrer.

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What support do we offer?

Tailored 1:1 mentoring: Trying to think of the changes you want to make or what you need can be difficult, especially if you experience anxiety or stress. This is an opportunity to explore support you need and set small goals.

Understanding & Improving Wellbeing: Anxiety, depression and stress can knock your confidence and self-esteem, we can support you to explore this to make small changes, either 1:1 or in small groups.

Wellbeing Course: Our staff are accredited Invent Your Future facilitators. This course focuses on concepts to explore a deeper sense of awareness, understanding of your own potential to examine stronger beliefs in your own abilities. The course is run in groups of 3 - 6 over 10 hours or can be covered in 1:1 sessions.

Employability Course: We have designed our Six Steps to Success course to begin to help you explore barriers, plan positive next steps, tailor your CV, explore job matching and interview skills. This is a six week course run in Abergavenny and Caldicot in small groups.

Advocacy: Finding the support you need can be difficult with so many services around. Whether you need help going to the GP to discuss your mental health or to obtain a fit note, or to access other agencies such as MIND or Housing, we can explore this together.

Employability Focused Counselling*: We can fund up to six sessions of Counselling to support you to explore specific barriers in greater depth.

*Limited to 40 places per year and subject to eligibility and referral.

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What do I need to know?

Meetings: We can catch up face to face in one of our community venues or Job Centre drop ins. We can also catch up by phone or Teams call. Due to our lone working policy, we are unable to conduct home visits.

Flexibility: All meetings will take place between 9.30am - 4.30pm, due to opening times of our venues, we are unable to meet in the evenings. Our staff may send information outside of these hours such as course confirmations or reminder texts.

Length of Support: There is no set timeframe or number of sessions as everyone is different. You may find catching up a few times is all you need or you may benefit from longer term support. We will review every 4 - 6 weeks.

Rearranging Meetings: If you need to rearrange or cancel a meeting, please let us know. We are happy to rearrange if you provide suitable notice. Our Wellbeing Worker works in areas on set days so you may need to be flexible with dates and times.

Cancellations: It may be our support is not right for you you don't feel ready for the support or your circumstances have changed. If this is the case, please let us know so we are able to cancel your meetings and offer the space to someone else. If you miss two consecutive phone calls or face to face meetings, we will assume support is no longer needed.

Mental Health: We can support with **mild to moderate mental health issues**, we are not a crisis service and will always need to work within our competencies.

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Where is a good starting point?

Here are some questions to get you thinking about your current situation.

Are you happy with your current situation? If not, what changes would you like to make?

If you think change or support is needed, what is getting in the way right now?

Who can help you make these changes? (Friends, Family, Other Professional Support)

How can our team help you?