

## How to refer

Upskill is a free service. If you are working in mental health and wish to make a referral on behalf of a client/patient please contact Karen Nixon on the details below.

## Contact Details

Pritchards Road Centre  
Marian Place  
London E2 9AX

t: (020) 7 729 7557  
e: [karen@upskill.org.uk](mailto:karen@upskill.org.uk)

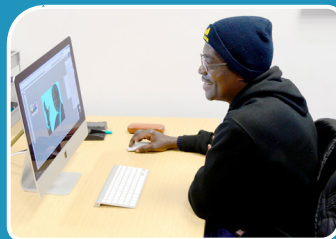
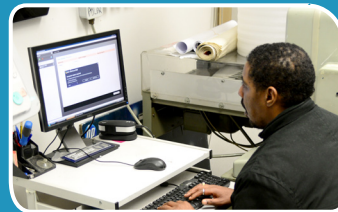


Supporting mental health service users towards and into employment.

## Towards Work

**Upskill** is a joint project between Mind in Tower Hamlets and Newham and Working Well Trust supporting mental health service users towards and into employment.

- ▶ Participants will work on an individual action plan together with an Upskill worker to identify targets.
- ▶ Upskill will work with the individual to access training, volunteer and work experience opportunities, support job application CV writing and interview skills.
- ▶ The project will focus on the individual needs and ambitions of the individuals in terms of health, wellbeing, skills and employment opportunities.
- ▶ Upskill has links with a range of exciting social enterprises offering a number of volunteer and workplace opportunities



## What We Offer

**Upskill** aims to provide a service tailored to each individuals needs.

- ▶ Each applicant will be able to access One to One Individual Action Planning Support into Training and Education Opportunities
- ▶ Support into Volunteer or Work Experience Placements
- ▶ CV and Job Application Workshops
- ▶ Confidence building and Interview Practice
- ▶ Each individual will have a designated worker to support and monitor progress.

