

# For more information about Workability


# Workability Brighton & Hove



To find out more, contact

Lynne Thomas/Mark Davison  
Impact Initiatives  
Brighthelm  
North Road  
Brighton. BN1 1YD

[lynne.thomas@impact-initiatives.org.uk](mailto:lynne.thomas@impact-initiatives.org.uk)

 01273 828455



Impact Initiatives. Company limited by guarantee 1402692, England.  
Charity 276669. Registered office: Brighthelm, North Road, Brighton. BN1 1YD

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***Training and support to help  
you move on***

## WHAT IS WORKABILITY?

Workability has been providing specialist training and support for people with mental health issues for over 18 years.

Our courses are taught in small groups in a safe, supportive and non-pressurised environment. They take place in community venues with small groups. Most courses are accredited by the Open College Network (OCN) to level one or two.

Workability is funded by Brighton & Hove City Council and Brighton & Hove City PCT.

## WORK IT OUT

This course is designed to help people overcome barriers to work, education and training and includes topics on coping with problems at work; disclosure of mental health; how to answer difficult interview questions..

This course, which runs twice weekly for 4 weeks, can be followed by up to 12 sessions of peer support to help people into work, volunteering, education and training.

## TOOLKIT FOR LIVING

*'Toolkit for Living helps you find the parts of yourself that are worth knowing'*

This course is based on the mental health recovery approach. It is designed to help you better understand your own mental health and develop practical strategies for the future.

Topics covered include stress management, assertiveness, positive thinking and goal setting.

Toolkit for Living will help people to move forward in their life with more hope and optimism

## 50 + PEER MENTORING

This is a peer mentoring service to help people age 50 and access work, education or training. This service is available to people with and without mental health difficulties.

Volunteer peer mentors (also age 50 and over) receive comprehensive training and are then matched with people to provide them with support, encouragement and help with job search. Initially, 8 sessions of peer support is provided which is then followed by a review.