



## Better 2 Work

Helping you to find work,  
training or education

**2gether**  
Making life better

Foundation Trust  
For Gloucestershire **NHS**

## Is this for me?

Many people with mental health conditions want to work but face considerable barriers when trying to find employment or to stay in a job.

The Better 2 Work service provides advice and practical support to help you find routes into employment, voluntary work, education or training.

If you have never had a job or are currently out of work we know it may feel very difficult to imagine getting employment and keeping it. We will support you for as long as required so that you can achieve your goals.

Meaningful activity and employment can help your recovery by providing you with:

- Financial benefits
- Sense of dignity, responsibility, purpose and independence
- Opportunities to meet new people and be part of a team
- Chances to develop skills and give something back to the community
- Improved health and wellbeing
- A reason to get up in the morning
- Self-esteem, pride and feelgood factor



## How can we help?

We use our knowledge of mental health issues and our connections with local employers to help you overcome difficulties you may face returning to or starting work.

Our support is tailored to your individual needs. There is no time limit, so we can work together at your pace. Our support doesn't stop when you are in work – we can help you to adapt to your new routine and manage your health issues while staying in employment.

We provide a range of practical support, including help with:

- Application forms
- Job searches
- Transport to interviews
- Finding voluntary work or training
- Support to access benefits advice to ensure you are not financially worse off
- Motivation
- Access to specialist help

We can help you prepare for work, successfully find or retain employment or access voluntary work, training or education as a stepping stone to employment.

We help find activity you want to do – anything from a few hours a week to a full-time post – and work with employers to ensure they make the most of your skills and experience.

## Will I lose out financially?

No. We provide support to access benefits advice to make sure you are not financially worse off.

## Do I have to get a job?

No. We won't force you to work and we are not connected to Jobcentre Plus. We will only contact them if you want support to access their services. Our role is to support you if you want to work to help your recovery.

## How will I cope?

Our Employment Specialists will provide help for as long as you need it. They will support you to manage your health issues while staying in employment, voluntary work, training or education.

## Will I have to tell my employer about Better 2 Work?

No. Better 2 Work is a confidential service and it is your choice whether you tell your employer.

## Will employers want me?

People who experience mental ill health have skills and experience which are valued by employers. We work with employers to make the most of those skills and experience. Many organisations are committed to employing people who have experienced mental ill health and recruiting in an inclusive way.

## What if I have a job but am off work or struggling at work?

We can help by working with your employer if you want support to return to work or stay in your job.

## Who can apply for help?

- Anyone of working age with a mental health issue who receives support from 2gether NHS Foundation Trust's Secondary Mental Health Services
- 2gether NHS Foundation Trust Secondary Mental Health Service teams on behalf of service users
- Mental health and employment organisations in discussion with the Better 2 Work team

## Daniel's story

I suffer from Obsessive Compulsive Disorder (OCD) and depression. I lost my previous job due to ill health.

I was referred to one of 2gether's Health & Social Care Centres where I took part in a number of activities, including an allotment group and walking group which helped to improve my confidence to the point where I wanted to work again.

My Employment Specialist and staff from other agencies, including Working Links, gave me the support and advice I needed to start looking for employment. Thanks to them I was able to find my current job with Julian Graves.

Now I feel 1,000% better than when I was out of work and the money is very helpful too! There is still a lot of stigma about mental health but when I explain my illness to people, a lot of them tell me they have had similar experiences. My Employment Specialist has helped me realise there are lots of options out there so I have also signed up to do a domestic plumbing and heating course at college.

Julian Graves has been very supportive and the best thing about this job is that I am meeting and talking to people all the time. The difference is amazing because I was really shy to start with. The routine is also very important because each day rolls into the next if you are not working.

I am taking it one step at a time and keeping the responsibility to a minimum to start with, so I am only working 15 hours a week which does not affect my benefits.

I keep in touch with my Employment Specialist regularly and know I can call on him for help if I have any difficulties. I would definitely advise other people in a similar situation to go for it if they feel ready to look for work. Your Employment Specialist will help ensure that you do not try to run before you can walk.



## I'm interested in Better 2 Work – what do I do next?

- Pick up an application form at any mental health resource centre. These centres also have additional information if you want to know more about the service
- Contact your local Employment Specialist. Tel: 01242 251441 to find out who this is
- Visit [www.2gether.nhs.uk](http://www.2gether.nhs.uk)
- Write to: Better 2 Work, 43 Rodney Road, Cheltenham Gloucestershire GL50 1HX

## What if I'm not ready for work?

If you need support but do not yet feel ready to consider paid employment, the following services may help:

### Occupational Therapy

Occupational Therapists help you to plan and carry out everyday activities at home, leisure and work. This helps you to work towards recovery by improving your health and wellbeing, independence and quality of life. For more information contact your mental health team.



## Journey 2 Work

The Journey 2 Work course run by 2gether and Jobcentre Plus gives you the confidence, practical help and skills you need to progress towards paid or voluntary work, training or education.

For more information talk to your Care Co-ordinator, Occupational Therapist or Disability Employment Advisor.

## Health & Social Care Centres

Gloucestershire's Health & Social Care Centres provide a range of services to improve your mental wellbeing, including individual support and group work. The Centres work closely with Better 2 Work and Bridgebuilder services. For more information, speak to your mental health team or GP.

## Bridgebuilder services

Bridgebuilder services develop individual plans to help you access mainstream activities including education, sport, volunteering and art.

For more information contact:

- **Stroud and Cirencester:** Scout Enterprises  
– email [jemsweet@scout-enterprises.co.uk](mailto:jemsweet@scout-enterprises.co.uk)  
or tel: 01453 757649 or 07875 303172
- **Cheltenham, North Cotswolds and Tewkesbury:** People and Places  
– email [people.places@tiscali.co.uk](mailto:people.places@tiscali.co.uk) or tel: 01242 521319
- **Gloucester and the Forest of Dean:** Independence Trust  
– email [bb.messenger.house@independencetrust.co.uk](mailto:bb.messenger.house@independencetrust.co.uk)  
or tel: 01452 317465

## Volunteering opportunities with 2gether NHS Foundation Trust

Tel: 01452 891204

For more information on all the options available, contact Better 2 Work on 01242 251441.

Visit [www.talk2gether.nhs.uk/employment](http://www.talk2gether.nhs.uk/employment) for general information about work and wellbeing and details of other agencies that can help you access employment.

If you would like any of our information in another language or format, please ask a member of staff, visit our website [www.2gether.nhs.uk](http://www.2gether.nhs.uk), telephone 01452 891604 or email [2gether.comms@glos.nhs.uk](mailto:2gether.comms@glos.nhs.uk). Help with accessing interpreting and translation services is also available through NHS Gloucestershire Community PALS at GuiDE & PALS – Tel: 0800 0151548.

যদি আপনি আমাদের যে কোনো তথ্য অন্য কোনো ভাষায় বা ফর্মাটে পেতে চান, কর্মীদের এক সদস্যকে জিজ্ঞাসা করুন, আমাদের ওয়েবসাইট [www.2gether.nhs.uk](http://www.2gether.nhs.uk) এতে দেখুন, ০১৪৫২ ৮৯১৬০৪ এ দূরভাষ করুন বা [2gether.comms@glos.nhs.uk](mailto:2gether.comms@glos.nhs.uk) তে ই-মেল করুন। গাইড এ্যান্ড পালস এ –দূরভাষ : ০৮০০ ০১৫১৫৪৮ – এন এইচ এস গ্লসেস্টারশায়ার কমিউনিটি পালস এর মাধ্যমে ব্যাখ্যা এবং অনুবাদ পরিষেবার সাথে সম্পর্ক করার মত সাহায্যও পাওয়া যায়।

如果您希望以其他語言或格式獲悉我們的信息，請就此事宜諮詢我們的員工、訪問我們的網站 [www.2gether.nhs.uk](http://www.2gether.nhs.uk)、撥打電話 01452 891604 或發送電子郵件到 [2gether.comms@glos.nhs.uk](mailto:2gether.comms@glos.nhs.uk)。也可以致電 0800 0151548 聯系 GuiDE & PALS 的 NHS Gloucestershire Community PALS 來幫助您獲得口譯和翻譯服務。

Přejete-li si dostat jakékoli námi poskytované informace v jiném jazyce nebo formátu, požádejte prosím člena našeho personálu, navštivte náš web [www.2gether.nhs.uk](http://www.2gether.nhs.uk), zavolejte na číslo 01452 891604 nebo pošlete e-mail na adresu [2gether.comms@glos.nhs.uk](mailto:2gether.comms@glos.nhs.uk). Pomoc s tlumočnickými a překladatelskými službami vám také můžeme poskytnout prostřednictvím NHS Gloucestershire Community PALS u GuiDE & PALS, tel. 0800 0151548.

જો আপনি અમારી કોઈપણ માહિતી અન્ય ભાષા અથવા રૂપમાં જોઈતી હોય તો, કૃપા કરી કાર્યકર્તા સહયને જણાવો, અમારી વેબસાઈટ [www.2gether.nhs.uk](http://www.2gether.nhs.uk) પર જાઓ, નંબર 01452 891604 પર ફોન કરો અથવા [2gether.comms@glos.nhs.uk](mailto:2gether.comms@glos.nhs.uk) પર ઈ-મેઈલ કરો. દુભાષિયા અને અનુવાદ સેવા સુધીની પહોંચની મદદ એન એચ એસ ગ્લોસેસ્ટરશાયર કમ્યુનિટી પાલસ મારફત GuiDE & PALS પર પણ ઉપલબ્ધ છે – ફોન નંબર: 0800 0151548.

W celu otrzymania niniejszej informacji w innym języku lub formacie prosimy zwrócić się do personelu, odwiedzić naszą stronę internetową [www.2gether.nhs.uk](http://www.2gether.nhs.uk) albo prosimy o kontakt telefoniczny pod numerem 01452 891604 lub elektroniczny na adres [2gether.comms@glos.nhs.uk](mailto:2gether.comms@glos.nhs.uk). Pomoc w dostępie od usług tłumaczeniowych jest również możliwa za pośrednictwem NHS Gloucestershire Community PALS przy GuiDE & PALS – Tel: 0800 0151548.

اگر آپ کسی دیگر زبان یا شکل میں ہمارے بارے میں کسی بھی قسم کی جانکاری چاہتے ہیں تب برائے کرم ہمارے عملہ کے کسی رکن سے پوچھیں، ہماری ویب سائٹ [www.2gether.nhs.uk](http://www.2gether.nhs.uk) ملاحظہ کریں، 01452 891604 پر فون کریں یا [2gether.comms@glos.nhs.uk](mailto:2gether.comms@glos.nhs.uk) پر ای میل ارسال کریں۔ خدمات برائے ترجمانی اور ترجمہ حاصل کرنے میں مندا این ایچ ایس گلوچیسٹرشائر کمیونٹی پی اے ایل این کے ذریعہ گائڈ و پی اے ایل این پر بھی دستیاب ہے – فون: 0800 0151548