

Working in partnership with:



Part of the Department  
for Work and Pensions



Mental Health Services



## Journey 2 Work

A guide for service users



2gether NHS Foundation Trust, Rikenel, Montpellier, Gloucester GL1 1LY

[www.2gether.nhs.uk](http://www.2gether.nhs.uk)

Mental & Social Healthcare

2gether  
Making life better

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For Gloucestershire

## What is Journey 2 Work?

Journey 2 Work is delivered in partnership between 2gether NHS Foundation Trust and Jobcentreplus together with specialist support and input from local organisations.

It's a responsive programme that is designed to be flexible around individual's vocational needs, aspirations and circumstances.

Journey 2 Work is structured to support you to develop skills, knowledge and confidence to enable you to move towards education/training, gaining and keeping work of a paid or unpaid/voluntary nature.

The central aims of the course are to establish individualised work placements locally and to establish a realistic action plan for achieving your own vocational goals.



## How does it work?

- One session per week over a four month period, run in local venues
- Up to three hours per session
- Small groups, with individual mentorship/support
- Access to specialists, information and contact with local employers
- Provides work reference and attendance certificate on completion of programme

## What does the course include?

- Anxiety/stress management
- Confidence building
- Self management
- Personal profile building
- Job applications
- Work preparation
- Work experience
- Job search
- Support/action planning
- Referral to relevant vocational services



On completion of the course you will receive an attendance certificate, validated by Jobcentreplus and 2gether NHS Foundation Trust.

To find out more about Journey 2 Work and the opportunities it could offer you, please contact:

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