

Oxfordshire Mind

Employment Support

Factsheet

Contact Us:
info@oxfordshiremind.org.uk
www.oxfordshiremind.org.uk
T: 01865 247788

If anything on this factsheet is unclear, or you're in need of further support, please don't hesitate to contact the Oxfordshire Mind Information Service on the contact details above

National Support

Gov.Uk

Here on this webpage, you'll find a directory of GOV.UK webpages offering information on work and employment related benefits: www.gov.uk/browse/working/finding-job

In this Gov.uk webpage you can find jobs by using the search engine: findajob.dwp.gov.uk/search

In this Gov.uk webpage you will find a guide with different ways to find a job with a disability:
www.gov.uk/looking-for-work-if-disabled

National Career Service

National Career Service help individuals aged 13 and above by giving advice and guidance to help make good career choices no matter where you are in your career journey. They also provide information for parents, teachers, employers, coaches and advisers to support others in their career journey.

nationalcareers.service.gov.uk

nationalcareers.service.gov.uk/contact-us

Support In Oxfordshire

Oxfordshire Talking Therapies

Oxfordshire Talking Therapies is a free and confidential service for people (18+) who are registered with an Oxfordshire GP. They offer a range of talking therapies such as CBT (Cognitive Behavioural Therapy) and employment support. They help people who have low mood, anxiety, OCD, phobias and PTSD. They also work with people experiencing a long-term physical health condition.

Email: Oxon-talking-therapies@oxfordhealth.nhs.uk

Telephone: 01865 901222

Self Referral Form: www.iaptportal.co.uk/



Support In Oxfordshire Continued

Restore

Restore supports individuals struggling with mental ill health through therapeutic activity, coaching and learning. Restore also helps build and develop skills to help guide individuals go back into work life. They also offer 1-to-1 support to help with creating a CV and much more!

Telephone: 01865 455821

Email: information@restore.org.uk

Address: Restore, Manzil Way, Cowley Road, Oxford, OX4 1YH

You can also contact them via the website: www.restore.org.uk/contact

IPS Employment and Job Retention Service

IPS are an NHS team who support people that are under their mental health care and are motivated to find paid employment or if their job is at risk. You will be assigned to a specialist who will support you in finding a job. They will help search for jobs that you want to do, and will even approach employers on your behalf. The service will also support your return to work or remain in the job.

They are based in Oxfordshire and Buckinghamshire

To contact the Oxfordshire team, email OxonEmploymentService@oxfordhealth.nhs.uk

To contact the Buckinghamshire team, email BucksEmploymentService@oxfordhealth.nhs.uk

www.oxfordhealth.nhs.uk/leaflets/title/individual-placement-and-support-ips-employment-and-job-retention-service/

Aspire

Aspire helps individuals who are facing homelessness, poverty and struggling to find employment and housing. In 2022-23 they have helped 1800+ get into employment, housing and was given opportunities to develop new skills

Telephone for General Enquiries: 01865 204450

Email: Info@aspireoxford.co.uk

Employment Support Projects:

www.aspireoxfordshire.org/Pages/Category/employment-support-projects



Employment Support

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Support In Oxfordshire Continued

Oxfordshire

Employment

Oxfordshire Employment is an established leader in helping individuals to find and remain in employment. They also provide supported internship opportunities, which are highly successful in supporting young people to enter work.

They have teams of dedicated employment advisers located across the county, who can help you to develop your work skills, look for employment, get over problems along the way, get a job and keep it.

Telephone: 01865 815809

By Post: Oxfordshire Employment, Graham Hill House, Electric Avenue, Ferry Hinksey Road, Oxford OX2 0BY

You can also contact them via their webpage: www.oxfordshire.gov.uk/contactus/contact-oxfordshire-employment

Job Centre/Universal Credit

Universal Credit also known as Jobseekers allowance is a social security payment that supports you if you are on low income, or if you are out of work. They also have several different services that prepare you for work life such as creating a CV or editing CV's if you already have one and preparing for interviews.

Webpage: <https://www.gov.uk/universal-credit>

OXME

OXME is a service that aims to promote and support youth education and not just the subjects learnt in school. They help teach people subjects that will help them get the experience needed for the job they are aiming for. OXME also helps guide individuals towards a job they would like to have.

OXME supports people aged 13-19 (or up to 25 if they have learning difficulties or disabilities)

Webpage: oxme.info



Support In Oxfordshire

Continued

The Buck Project

The Buck Project helps individuals gain skills ready for work such as time management, communication skills or even teaching adults to read. Their services are in the Abingdon, Didcot and Witney areas. The project focuses on 1-2-1 Peer Mentor meetings and participants will be supported to overcome barriers, build a sense of purpose, create financial stability, engage in personal development, training and education.

For more information their email is info@buckproject.org

Webpage: www.buckproject.org/

So you've read the factsheet and checked out the websites we recommended.
The real question now is...

Now what?



Print off the next two pages to write down your goals and get back into employment





MY GOALS

Examples:

1.	Hand in CV to shops/restaurants
2.	Update my CV for the appropriate job
3.	Sign up to job websites

Take three of these goals and put them on your to-do list to start your employment journey

MY TO-DO LIST

Tick Once Completed

Examples:

Look for help wanted sign in windows/in the building	<input checked="" type="checkbox"/>
Research the job I want and edit my CV	<input checked="" type="checkbox"/>
Find a website like Indeed and make an account	<input checked="" type="checkbox"/>

Congrats on starting your employment journey. Keep going!