

Good wellbeing should be accessible for everyone. One way to get there is through rewarding and sustainable work; a job that's right for you. Finding the right job with the right support can provide structure, social networks and a sense of achievement; as well as improved mental health, confidence and self-esteem.

“

**I was so grateful that you understood my disability and that made it so much easier to engage with you. Thank you for being there during the times when I needed to be reminded that I am worthy and do have value to add to the workforce.”**

#### Areas we cover:

- Sandwell and Wolverhampton.
- Birmingham and Solihull.
- Coventry and Warwickshire.



**Funded by  
UK Government**

## About Shaw Trust

Shaw Trust is the UK's largest not-for-profit social enterprise providing services and support to enable people to access rewarding employment opportunities.

### Thrive into Work:

For more information please contact:

**T:** 0808 178 3354

**E:** [Thrive@shaw-trust.org.uk](mailto:Thrive@shaw-trust.org.uk)

**W:** [shawtrust.org.uk/thrive-into-work/](http://shawtrust.org.uk/thrive-into-work/)



Or scan here to  
find out more

**shaw trust**



Please email: [studio@shaw-trust.org.uk](mailto:studio@shaw-trust.org.uk) to receive this information in a different format.



Shaw Trust Registered Charity No. England and Wales: 287785, Scotland: SC03985



**Helping you into work  
for the long term**

**If you have a mental or  
physical health condition.**

**shaw trust**



## Thrive into Work

Thrive into work is a free voluntary service which aims to support our participants find meaningful and competitive employment, underpinned by a place, train and maintain approach to employability.

### To join the programme, you must:

- Be over 18 years old.
- Registered with a local GP Surgery.
- Be unemployed.
- Have a defined or self defined health condition.
- Have an entitlement to public funds.

You can opt out of the service at any time, if you don't feel it's right for you.

### Joining Thrive into Work will give you:

- One-to-one support to suit your needs and employment goals.
- Support and collaboration with your health care team to help you manage any difficulties.
- Help talking to your employer about your needs at work.
- Regular and ongoing in-person, phone or virtual support.
- Up to four months of in-work support to help you sustain work.

### In-work support

Your Employment Specialist will provide up to four months of in-work support including confidential reviews.

## Your Employment Specialist will:



Get to know you and your specific needs and requirements.



Create a realistic employment plan based on what you want to do.



Help prepare your tailored CV.



Help with job searching and engaging with employers.



If required, support with how to positively share your health experiences to an employer.



Advise on welfare benefits and how these could be affected by going into work.



Up to four months of ongoing in-work support.

## How do I access the service?

Please speak with your GP or health professional or email us at: [thrive@shaw-trust.org.uk](mailto:thrive@shaw-trust.org.uk)

**Your dedicated Employment Specialist will provide you with a unique blend of practical and emotional support to help you on your journey back in to work.**