

## How can we help you?

The Wellbeing for Work service can help you if you don't feel able to work because of health or wellbeing issues.

Your coach will offer support and advice to help you feel better about yourself and increase your confidence.

We'll work together with you to work out where you want to go, and develop a plan to get there that's tailored to your individual needs.

We'll discuss how to fulfil your potential, whether through training, working or volunteering, which will open up a world of opportunities for you.

It can be scary to think about moving forward, but we'll help you to develop the skills to cope with the challenges ahead.

## Find out more

For further information on the Wellbeing for Work Service, contact the coordinator, Paula Irvine on 028 9074 2255 ext 3157 or email paula.irvine@ashtoncentre.com

Or call into your local Belfast Works office:

- Ashton Centre, Churchill St, North Belfast
- East Belfast Mission at Skainos
- GEMS NI, Shaftesbury Square
- Greater Shankill Job Assist Centre
- West Belfast Job Assist, Upper Springfield.

### About us

The Belfast Works LEMIS+ Project is a citywide project led by the Ashton Community Trust in partnership with East Belfast Mission, GEMS NI, Job Assist Centre Greater Shankill and Job Assist Centre West Belfast.

The Belfast Works LEMIS+ Project is designed to help unemployed and economically inactive people in the local community to overcome those issues that may be preventing them from finding and keeping a job. It is funded by the Northern Ireland Social Fund Programme 2014- 2020 and the Department for the Economy.



**Belfast Works**  
LEMIS+ Project

## Wellbeing for Work Service

Want to make  
**POSITIVE  
CHANGES**  
in your life?

Let us help you

*Are you on DLA, ESA, PIP or  
on no benefits but not working?*

*Free, confidential one to one coaching  
to build confidence, reduce fears and  
start moving towards work.*

[www.lemisplus.eu/wellbeing](http://www.lemisplus.eu/wellbeing)

The LEMIS+ Project is part funded through the Northern Ireland European Social Fund 2014-2020 and the Department for the Economy.



## The Wellbeing for Work Service

The Wellbeing for Work Service helps those who don't feel able to work due to health and wellbeing issues.

A team of skilled coaches offers support and advice to help people overcome their barriers to working. Support packages are tailored to each individual's needs and aim to increase resilience and help them explore how to move forward in life.

***“The self-belief and confidence that I got from the Wellbeing for Work project has really brought me out of myself.”***  
- a project participant

The wellbeing team empowers participants to discover what they want to do in life and help them develop coping skills.

Participants will benefit from:

- Increased emotional well being
- Lower stress and anxiety levels
- Setting goals and moving forward
- A strong sense of fulfilment and self awareness
- More hopeful with self worth.

Helen, a participant from north Belfast, said:

***“I hadn't worked for 19 years when I was hit with a thunderbolt out of the blue that my life needed to change.***

***“I thought I had nothing to offer, but my coach Rosie helped me to believe in myself. We worked through activities that helped me to recognise myself, my weaknesses and my strengths. I am not a particularly forthcoming person, but I found myself able to get things off my chest and I walked out of every session feeling ten times lighter than I'd gone in.***

***“I found the strength in me –if you think it's there, you'll find the strength to make things happen. I believe in myself now.”***

Helen progressed through the Wellbeing for Work service to the LEMIS+ mentoring service, where she completed training and now feels confident enough to begin looking for employment.



## Who it is for

The service is aimed at people who are economically inactive because of health or wellbeing issues. Participants are likely to be claiming a health benefit and/or not working, for example:

- Disability Living Allowance (DLA)
- Employment & Support Allowance (ESA)
- Personal Independence Payment (PIP)
- No benefit (but not working)

While individuals can refer themselves via the contact details on the back of this leaflet, we also receive referrals from all community, voluntary and statutory agencies.

***“It has long been recognised that work is good for our physical and mental health.***

***We want to spread this message to everyone in Belfast, and support residents to see the beneficial effects that work can have on their health, wellbeing and life in general.”***

- Paula Irvine, project coordinator