

IMAGINE

I N D E P E N D E N C E

promoting recovery and inclusion

Cumbria  
Employment  
Support Service

# Do you want to start or return to work?

Many people find work a fulfilling and worthwhile use of their time and skills.

You may have given up work due to disability or ill health and now feel ready to get back into employment, either in a full time or part time capacity.

It could be that you're hoping to find work, maybe for the first time.

---

## Our aim is to support you to:

---

- Identify any individual barriers to returning to work
- Build up a range of techniques and skills based interventions to help remove any barriers
- Reach appropriate agencies/partners for specialist support (if required)
- Achieve employment that's right for you

## FAQ's

### Who is the support for ?

Employment support is for anybody aged 16 or over, living in Cumbria who is eligible for support under the Care Act. You may have a physical or learning disability, a mental health difficulty or be a young carer. You may be having difficulty starting work for the first time or returning to work.

### How long can I expect to get Employment Support ?

The amount of support required will be determined case by case. Each person's level of support will be different. The service can support you to find work opportunities and continue to work with you to develop your confidence and support around any difficulties once in work.

### **Where will I be seen ?**

We will always aim to support you at a location which is convenient, safe and comfortable for you

### **Will I have to pay ?**

If you are eligible to access the service following a Care Act assessment we will provide you with this service in association with Cumbria County Council as part of their day services provision. This will not be a chargeable service.

### **What can I expect ?**

You can expect person centred, one to one individual employment support from our pro-active specialised advisors, this may include:-

- Work preparation skills
- Help with literacy and numeracy
- Gaining IT skills
- Confidence building
- CV writing
- Finding the right job for you
- Job applications
- Preparing you for interviews
- Settling in to your new job
- Ongoing in-work support
- Reasonable adjustments in work
- Working with employers to support you
- and more.....

### **How do I access the Service or find out more?**

You will need to be referred to the service by a Social Worker and be eligible based on a Care Act assessment. If you don't currently have a Social Worker you can discuss your interest with your Community Mental Health Nurse, or your Disability Employment Adviser (DEA), usually based at your local Jobcentre Plus office, who may refer you for a Care Act assessment. If you have any questions about the process or about the service itself please feel free to contact us to discuss it further.

## For more information please contact:

Carlisle	01228 317073
Penrith	07342 999093
Workington/Whitehaven	07816 131928
Barrow-in-Furness/Kendal	07824 138309

or email our Employment Co-ordinator, Fran Lowe

[flowe@imagineindependence.org.uk](mailto:flowe@imagineindependence.org.uk)

Delivered in conjunction with



Imagine Independence Employment Service

22 Spencer Street

Carlisle, Cumbria

CA1 1BG

Tel: 01228 317073

 @ImagineIndep01



[imagine@imagineindependence.org.uk](mailto:imagine@imagineindependence.org.uk)

[www.imagineindependence.org.uk](http://www.imagineindependence.org.uk)

IMAGINE

I N D E P E N D E N C E

promoting recovery and inclusion