

Find out more about the programme  
by contacting your local provider below  
or visit [www.workandwellbeingni.co.uk](http://www.workandwellbeingni.co.uk).

**ingeus**

Deliver in:

Shaftesbury Square | North Belfast  
Knockbreda | Hollywood Road | Shankill Road

E: [workandwellbeingni@ingeus.co.uk](mailto:workandwellbeingni@ingeus.co.uk)  
T: 028 9592 3135

**People<sup>1st</sup>**

Deliver in:

Andersonstown | Lisburn | Falls Road

E: [workandwellbeingni@people-1st.co.uk](mailto:workandwellbeingni@people-1st.co.uk)  
T: 028 9266 5100

**ARMSTRONG  
WORKS**

Deliver in:

Bangor | Newtownards

E: [volunteer@armstrong.works](mailto:volunteer@armstrong.works)  
T: 028 9124 3140

# Work&Wellbeing

## NEED HELP FINDING WORK?

“ I've never looked back since getting my job. Working gives me financial independence, confidence and a sense of well-being. There's something to look forward to every day, I'm always meeting new people and I really enjoy chatting to them whilst doing my job. It's the best thing that ever happened to me! ”



Maureen, who previously spent her days raising a family, was thrilled to have got her first ever job last year through the programme. Maureen is an assistant at O'Brien's coffee and sandwich bar, and her extra care and attention won her the coveted award of O'Brien's Employee of the Year.





## How can you help me?

We give you the independence & knowledge to build a better future for yourself and your community through employment

## What if I don't feel ready?

We don't expect you to start work when we first meet, it is our job to help you feel ready at a pace that works for you

# Work&Wellbeing

## It's as easy as 1,2,3

### Step 1

Visit [workandwellbeingni.co.uk](http://workandwellbeingni.co.uk) to find a local drop-in session

### Step 2

At the drop-in we will explain how the programme can support you and together we can register your interest via a short form which we will complete and send for you

### Step 3

You will receive a confirmation letter and we will be in touch to arrange your first appointment



Travel costs will be reimbursed

## How can Work & Wellbeing help me?



### Classes & Exercise

Access to classes such as anxiety/stress management, Pilates and walking groups



### Specialist Support

Help from local organisations for managing addiction or coping with a health condition



### IT Skills

Use of computers, internet and printing with someone on hand to help



### In-Work Support

Personal advisor to support you even when you move into work



### Confidence Building

Opportunity to join courses such as gaming, filming, and music production helping you build confidence



### Advice & Guidance

One-to-one support on managing your benefits as well as mental health support from qualified professionals