

WorkShop in Mind:

- Is an Agency that will match your skills as a Support Assistant to needs within the community
- Provides you with training, on-going support and development
- Safeguards & facilitates flexible working partnerships, including service agreements & payments
- Gives you a named mentor to support you with delivering services in the community

Services offered to clients include:

- **Specific (skilled) household services**
- **Support to access community activities**
- **Help with general household tasks**
- **Companionship**
- **PA (personal admin assistant)**

WorkShop In Mind is for:

- People over 18, who have a lived mental health experience & are ready to return to work, on a supported self-employed basis
- People who have valuable skills & experience to support others in the community

While being a Support Assistant, our services and support ensure that you are at the centre of everything we do.

Named mentors will support you to ensure that the work you do as a Support Assistant is rewarding, and an integral part of recovery from mental illness.

Our Agency aims to:

- Unite your skills and experience in the community through work opportunities
- Train & develop as Support Assistants people who have a lived mental health experience & are ready to take steps back into work
- Market your skills to people who will pay you for them
- Aid recovery by providing guidance to individuals receiving support as well as individuals giving support
- Provide you with choices & options in how and when you choose to work
- Tailor support to your individual needs, enabling you to fulfil your potential & aspirations
- Provide opportunities for social inclusion



Could you be a Support Assistant?

You may feel ready to look for or return to work. There are opportunities for you to work on a self-employed basis, to make a valuable contribution and earn money by supporting people within the community.

We provide:

- Support and guidance on self-employment
- Accredited comprehensive training
- Access to one-to-one mentoring support
- Guidance on self-development
- Access to work opportunities
- Networking opportunities among other self-employed people
- A positive supported & flexible back-to-work experience
- A non-stigmatised service



For more information or to discuss either becoming a Support Assistant or using our service, please contact Herts Mind Network at:

08444 772212

WorkShop@hertsmindnetwork.org

www.hertsmindnetwork.org

The Wellbeing Centre
501 St Albans Road
Watford
Herts
WD24 7RZ

The Wellbeing Centre
139 Leighton Buzzard
Road
Hemel Hempstead
Herts, HP1 1HN

The Warehouse
14 New Road
Ware
Herts
SG12 7BS

Step Up, Learning &
Wellbeing Centre
39 Oxhey drive
South Oxhey
Watford, WD19 7SD



WorkShop in Mind

Supporting people

**Could you help others
and get paid for it?**



Small Steps, Big Changes