

PORTLAND PATHWAYS

PREPARING FOR WORK

SUPPORT FOR EMPLOYERS

RECOVERY COLLEGE



IMPACT REPORT 2021 / 22




Portland
Pathways

INTRODUCTION

We are extremely proud of the huge impact Portland Pathways has within our community.

Pathways aims to support individuals to gain employment, and help businesses to recruit the right staff for their vacancies.

We also help our customers to develop their skills and prepare for employment. Our Recovery College courses, in partnership with the Nottinghamshire Healthcare NHS Foundation Trust and Inspire Learning, support people to improve their mental health.

In 2017, we launched the pilot of Portland Pathways from our first hub in Mansfield. With a focus on reducing the disability employment gap in Mansfield and Ashfield, this unique 'roll-on, roll-off' programme provides the encouragement and tools for people to excel.

Since launching the pilot, Portland Pathways has gone from strength to strength. In 2018, we opened a second hub in Sutton-in-Ashfield and in 2021, we opened another hub in Worksop and also offer weekly drop-in sessions in Retford. We are planning to expand our services further to residents of Newark and Kirkby in Ashfield in 2023.

In a relatively short time, Portland Pathways has won four prestigious awards and was named as finalist for the Equality Trailblazer Award in the national British Chamber of Commerce Awards.

This year has been a challenging year for our clients, with the economic impact of Covid and the cost of living crisis, mental health support is more crucial than ever before. We are proud of the impact we have, and this year we received 304 referrals, supported 53 people into work, delivered 152 counselling sessions and enrolled 133 people onto our Recovery College courses.

This report highlights just some of the many successes the Pathways project has delivered, as well as taking the opportunity to thank our many funders, supporters and staff.



Mark Dale
Principal & CEO

CASE STUDY

Louise's Story:

I was working as a Pharmacy Assistant when my father took ill with cancer, so I reduced my hours to look after him. Sadly, he passed away and I was mentally and physically exhausted. My employer was not understanding and I was very unhappy at work.

I plucked up the courage to visit Portland Pathways. Cheryl was very friendly and understanding and helped me realise I needed to look after myself, and told me about the Recovery College.

Last year, I saw an advert for a receptionist at Portland Pathways. I applied and was successful.

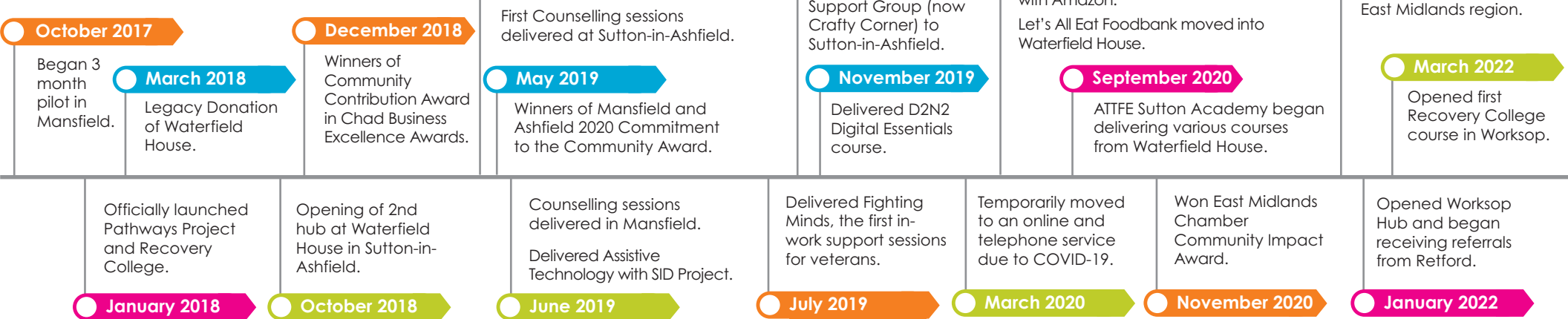
I have been given loads of support within my role from my team.

I attended Recovery College as part of my training and found it very helpful, it gives you skills and techniques to help with anxiety and depression, it also helps you realise you are not alone, we all suffer from some form of mental health at some point in our lives.

I feel Pathways is slowly helping to remove the stigma of mental health, I am proud to be part of the team helping our community.



TIMELINE

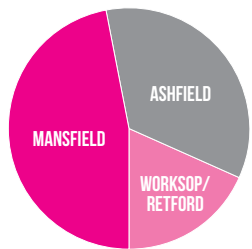


FACTS & FIGURES 2021/2022



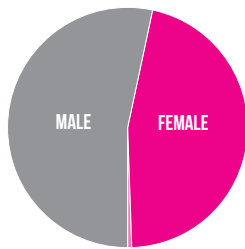
304 REFERRALS TO THE SERVICE

PREPARATION FOR WORK



REFERRALS BY HUB

143 Mansfield (47%)
106 Ashfield (35%)
55 Worksop/Retford (18%)



REFERRALS BY GENDER

140 Female (46%)
163 Male (53.5%)
 Unknown (0.5%)

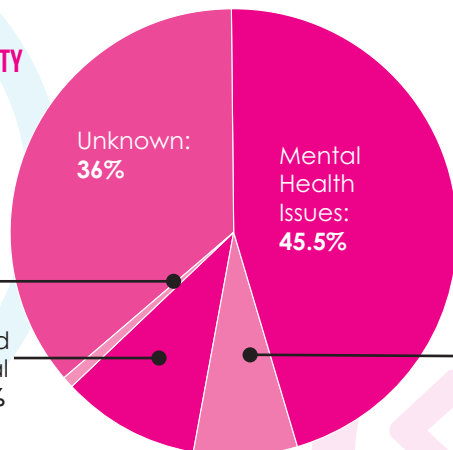
90%

OF JOB STARTS
REMAIN IN POST AT
13 WEEKS (20/21)

53

INITIAL JOB STARTS

REFERRALS BY DISABILITY



No Disability:
1%

Intellectual and
Developmental
Disabilities: **10%**

Physical
Disabilities:
7.5%

SUPPORT FOR EMPLOYERS

BUSINESSES RECRUITED
PATHWAYS CUSTOMERS

48

RECOVERY COLLEGE

CUSTOMERS ENROLLED ONTO
RECOVERY COLLEGE COURSES

133

ONE-TO-ONE COUNSELLING
HOURS DELIVERED

152

WELL-BEING RESULTS FOR PORTLAND PATHWAYS

(Warwick Edinburgh Mental Well-being Scale)

LOW WELL-BEING

MODERATE WELL-BEING

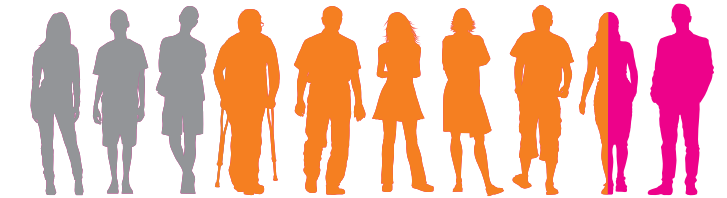
HIGH WELL-BEING

Proportions of customers in each group before and after intervention

BEFORE
PORTLAND
PATHWAYS
INTERVENTION



AFTER
PORTLAND
PATHWAYS
INTERVENTION



DISTANCE TRAVELLED

44% less people in Low
Well-being category

30% improvement in
Moderate Well-being

14% improvement in
High Well-being

CASE STUDIES



Ricky's Story:

I went through a mental health crisis in early 2021, and was diagnosed with anxiety and depression.

The professionals felt I was bereaved after losing my father and generally stressed. I didn't know why I was stressed although I thought it may be due to the aftermath of my father's death. I started accessing Portland Pathways later that year, attending parts one and two of the Recovery College.

I've attended other mental health support services and in comparison Portland Pathways felt like they supported me at my own pace.

Whilst attending Pathways, I attempted phone counselling, however I felt face-to-face counselling would provide me with the support to understand my condition and increase my motivation to live independently. I've wanted to live independently for 4-5 years now but had fears about it.

Counselling with Portland Pathways has allowed me to get my worries out in the open without fear of ridicule. After six weekly sessions of face-to-face counselling, I'm pleased to say I have moved into my own flat and have reached one of my main goals of independent living. Thank you Portland Pathways!

Carl's Story:

I first became aware of Portland Pathways whilst volunteering with the Citizens Advice Bureau, as they shared the same premises. I'd previously attended Portland College as a student.

Following a first initial meeting with Cheryl I signed up with them.

I later obtained a temporary position with a local community centre. During this time, I regularly kept in touch and with a bit of persuasion I went on the Recovery College course, which I found helpful with my anxiety and confidence.

With Cheryl's help and guidance, when my temporary contract came to an end, I managed to secure job interviews.

During this time, I was volunteering at Kings Mill Hospital.

Three years ago, with help from Pathways I applied to become an Exam Invigilator with a local school and was successful. Unfortunately, prior to this year because of Covid I was only able to do that one year.

When things started to improve this year, I was able to resume my duties and I now invigilate at another local school and West Notts College, which requires me to manage my time and availability, with use of a diary. This keeps me busy and I also still volunteer when time allows.

All this has been possible with the support from the Portland Pathways team.



CASE STUDY

Primary Integrated Community Services Ltd

"Simon Carter and the Recovery College have been an excellent resource that we have been able to access through our work within the GP surgeries.

Patients I have referred have spoken highly of the support and care given by the Recovery College, but in particular, Simon's open-minded, non-judgmental, empathetic approach he takes when supporting people.

Simon is highly knowledgeable in the area of employment, and is able to offer expert advice and guidance. He will see people quickly once referred, which is amazing given the waiting climate we are

currently in! This is a valuable resource which I regularly refer to.

The communication with Simon is great, he will often feedback following the referrals, enabling us to capture further issues that need to be dealt with by Health. I have one particular client in mind that, through collaborative working between Simon and I, has moved on greatly through his recovery journey.

Overall, the service offered by the Recovery College and Simon is invaluable and I feel highly benefits the people of Mansfield!"

Catherine Seals

PCN Mental Health Occupational Therapist



Primary Integrated
Community Services Ltd

CASE STUDY



Glyn's Story:

My name is Glyn. I am 58 years old and suffered my second breakdown in seven years; I have since been diagnosed with very high levels of anxiety, stress and depression. My work coach at Jobcentre Plus recommended Portland Pathways as a means of support and help to move forward. I tried to pluck up the courage to ring the bell 3 times and succeeded on my final attempt in April 2019.

The environment at Portland Pathways is warm and welcoming and the staff are so friendly that I immediately felt reassured. The atmosphere is always positive despite some circumstances being challenging. I feel that the people here really care and after an emotional initial consultation with Cheryl Levers I decided that 1-1 counselling would be a good first step for me.

After a time, I moved on to group work with the Recovery College and I began to realise that I was not alone, people from all lifestyles and backgrounds were 'like me'. The sessions are always respectful and tutors guide us through group work together to understand our respective conditions, devising ways to get through the day with the goal of living a more fruitful life and hopefully returning to work.

The programme is not a box ticking exercise like some I have attended, if you accept that you need help and are willing to participate you will be enveloped in support. Every person I encountered was a fellow sufferer in one way or another and I really believe empathy is always better than sympathy. Two years on and I'm back at work, I'm not able to do what I did before and I'm not cured, but the Portland Pathways programme has helped me to accept that.

“ I now feel I have the skills needed to re-enter society and contribute, ultimately my life is better thanks to Portland Pathways. ”

OUR COMMUNITY PARTNERSHIPS

As a community initiative, Pathways works in partnership with several organisations and groups locally.

For example, in 2020, we made the Let's All Eat Community Foodbank our Charity of the Year and supported them with fundraising, donated 5,000 free meals, created Christmas boxes for those most in need and provided the foodbank with space at Waterfield House.

Academy Transformation Trust FE College use our meeting rooms to deliver courses and training, and Crafty Corner operate their members only community group from Waterfield House every Monday.

CUSTOMER QUOTES

“ Simon at Pathways literally saved my life. He didn't know it at the time, but if I hadn't have talked to Simon that day, I wouldn't be here today. ”

“ I no longer feel alone and know that others have similar issues. ”

“ The Recovery College course felt safe and supportive. ”

“ The counselling really helped me when I was having difficulties that affected my ability to manage life. Thank you, you are doing a fantastic job, well done! ”



COMING SOON

We're hoping to be granted the funding needed to expand into Newark in early 2023 so more people can benefit from our services. We are also exploring suitable premises in Kirby-in-Ashfield with a view to opening a new hub before the end of 2023.

MULTI-AWARD-WINNING SERVICE

Since starting the Pathways pilot in 2017, our overall objective has been to promote independence, health and well-being and employability and provide vulnerable people with better futures.

Portland Pathways has been recognised for its huge impact by several prestigious awards.

Community Contribution Award

Presented in November 2018 at the Chad Business Excellence Awards, this award recognised the successful launch and implementation of the Portland Pathways and Recovery College programmes in the Mansfield and Ashfield areas.



Commitment to the Community Award

The Mansfield and Ashfield 2020 Commitment to the Community Award was presented in 2019 to celebrate our contribution to the economic development of North Nottinghamshire.



East Midlands Chamber Community Impact Award

Pathways were crowned winners of the East Midlands Chamber Community Impact Award in 2020 in recognition of the crucial impact the service has on our local communities.



British Chambers of Commerce Trailblazer Award

Following our award from the East Midlands Chamber, we were nominated for the regional finals and announced as winners of the Equality Trailblazer Diversity and Inclusion Award in the East Midlands region.



THANK YOU TO OUR SPONSORS

Special thanks to our supporters who have helped us to deliver the Portland Pathways initiative:

CORPORATE SUPPORTERS:



TRUSTS AND FOUNDATIONS:



• ACT Foundation

• The Nineveh Charitable Trust



INDIVIDUAL SUPPORTERS:

• **I. Waterfield:** Legacy donation of Waterfield House, accessible lift and revenue funding.

CORPORATE SOCIAL RESPONSIBILITY

How your business can support your local charity

Portland Charity is a specialist college and registered care home for people with disabilities and associated learning difficulties. As a registered charity we have to raise thousands of pounds each year to buy specialist equipment and therapies to enhance the lives of our learners and citizens.

But it's not just cash donations that your business can help with. There are many individualised partnership options for your business and we would love to hear your ideas and work with you to create a perfect partnership.

Here are just a few ways your business could help hundreds of disabled people...

- **Employee Fundraising**
- **Volunteering**
- **Donating Materials or Services**
- **Payroll Giving**
- **Work Experience Placements**
- **Choosing Portland as your Charity of the Year**

If you would like to support Portland Charity, we'd love to hear from you.

Please contact us to discuss your ideas on **01623 499111 ext 202** or email jordanbooth@portland.ac.uk

HOW PORTLAND PATHWAYS CAN HELP YOU...



PREPARING FOR WORK

We can help you to:

- Assess your employability needs and work with you to address them.
- Create a professional CV and/or cover letter.
- Search and apply for work, including support for online applications.
- Undertake employability sessions and prepare you for interview.



SUPPORT FOR EMPLOYERS

We can support your business to:

- Identify alternative recruitment avenues.
- Realise the benefits of employing someone with a disability or additional needs.
- Apply for Access to Work funding.
- Promote health and well-being in the workplace.



RECOVERY COLLEGE

We will provide:

- A range of courses aimed at people with mental health difficulties.
- Strategies and techniques for you to take away and use in daily life.
- Ongoing support to help improve health and well-being.

For more information contact the **Portland Pathways Team**
T: **01623 499193** E: pathways@portland.ac.uk

OUR LOCATIONS

Pathways @ Sutton

Waterfield House, 10B Outram Street, Sutton-in-Ashfield,
Nottinghamshire, NG17 4AX

Pathways @ Mansfield

Advice Hub, 16 Regent Street, Mansfield,
Nottinghamshire, NG18 1SS

Pathways @ Worksop

The Crossing Church & Centre, Newcastle Street, Worksop,
North Nottinghamshire, S80 2AT



Portland

Pathways



[@portlandcollege](http://www.portlandcollege.ac.uk)

www.portland.ac.uk