

PORTLAND PATHWAYS

PREPARING FOR WORK

SUPPORTING EMPLOYERS

REBUILDING MENTAL HEALTH



IMPACT REPORT 2022/23



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 Rebuild Mental Health courses, in partnership with Inspire Adult Learning, support people to improve their mental health.

This year has been a challenging year for our clients, with 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 355 referrals, supported 67 people into work, delivered 304 counselling sessions and enrolled 198 people onto our Rebuild Mental Health 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

“Pathways is my safe place. I would recommend the Rebuild Mental Health course to anybody with low confidence. Admitting you have a mental health issue does not mean you are mental, it means you want to understand and learn how to help yourself.”

Client on the Rebuild Mental Health course in Sutton

CASE STUDIES

Richard's Story

Richard came to Pathways Mansfield after being referred by his Doctor. He was homeless and suffering from complex mental health issues. He attended the Rebuild Mental Health courses, 1:1 counselling and weekly meetings at Pathways.

Richard is now settled in private housing, he is volunteering in the local community and has his life back on track. He is an inspiration to those who are suffering in these tough times and a great example with the determination he has shown, to get his life back on track.



Glyn's Story

I had two breakdowns and was diagnosed with anxiety, stress and depression. I heard about Pathways, but I was frightened and it took 3 attempts to pluck up the courage to knock on their door. The staff instantly made me feel reassured and cared for. After seeing their 1:1 counsellor, I joined the Rebuild Mental Health programme. It really helped me to understand my condition and devise ways to live a more fulfilling life. I'm braver, happier, driving again and back at work, and ultimately, my life is better thanks to Portland Pathways.

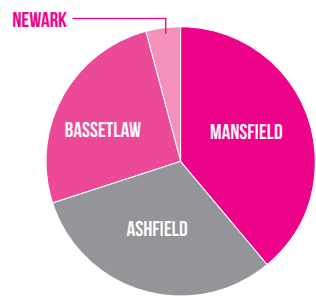


FACTS & FIGURES 2022/2023



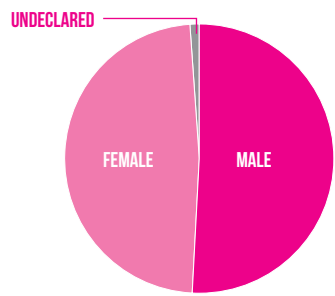
REFERRALS TO SERVICE IN YEAR: **355**

PREPARATION FOR WORK



REFERRALS BY HUB

- 140 Mansfield (39%)
- 111 Ashfield (Sutton & Kirkby) (31%)
- 92 Bassetlaw (Worksop & Retford) (26%)
- 12 Newark (4%)



REFERRALS BY GENDER

- 182 Male (51%)
- 169 Female (48%)
- 5 Undeclared (1%)

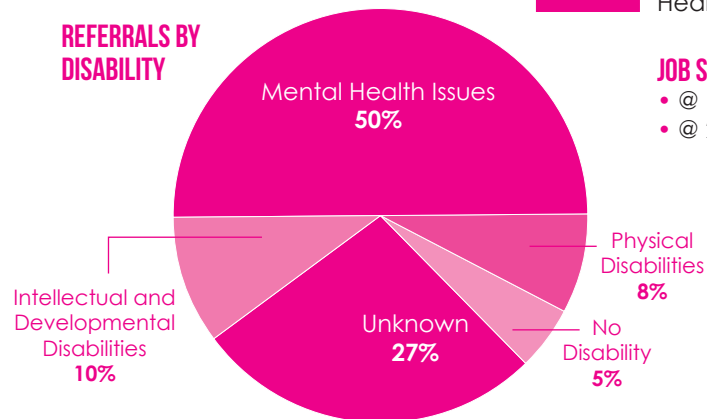
67 JOBS SECURED FOR CUSTOMERS

30% of those securing work attended our Recovery College/Rebuild Mental Health Courses

JOB SUSTAINMENTS

- @ 13 weeks **92%**
- @ 26 weeks **75.76%**

REFERRALS BY DISABILITY



SUPPORTING EMPLOYERS PATHWAY

85

EMPLOYERS SUPPORTED US WITH RECRUITMENT THIS YEAR:

- 68 of which offered our Customers roles
- 9 offered Volunteering opportunities, a valuable stepping stone to paid work

REBUILDING MENTAL HEALTH PATHWAY

17

COURSES DELIVERED

198

ENROLMENTS ONTO COURSES

130

SUCCESSFULLY COMPLETED

5

COUNSELLORS DELIVERING ACROSS THE HUBS

304

1-2-1 COUNSELLING HOURS DELIVERED

HEALTH & WELLBEING IMPACT

(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

43% reduction in Low Well-being

33% improvement in Moderate Well-being

12% improvement in High Well-being

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.



OUR LOCATIONS



COMING SOON

We are planning on extending our impact further and are exploring options to open a hub in Kirkby-in-Ashfield later this year.

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:



Charitable Trust

- 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 505** or email graceturner@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.



SUPPORTING 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.



REBUILDING MENTAL HEALTH

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.

**WE COVER MANSFIELD, SUTTON-IN-ASHFIELD,
KIRKBY-IN-ASHFIELD, WORKSOP, RETFORD AND NEWARK.**



For more information or to find your nearest hub please visit www.portland.ac.uk/our-locations or call us on **01623 499193**

@portlandcollege  

www.portland.ac.uk