

# PORTLAND PATHWAYS

PREPARING FOR WORK

SUPPORTING EMPLOYERS

REBUILDING MENTAL HEALTH

IMPACT REPORT 2023/24



# 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 Rebuilding 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 594 referrals, supported 108 people into work, delivered 803 counselling sessions and enrolled 327 people onto our Rebuilding 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.

“Pathways is my safe place. I would recommend the Rebuild 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 Rebuilding Mental Health Course in Sutton



Mark Dale  
Group CEO

# CASE STUDIES

## Evan's Story

Evan came to Portland Pathways in 2023 seeking help with employment challenges that impacted his confidence and well-being. With support through our Rebuilding Mental Health programme, he overcame those obstacles and found a new career path.

Evan completed training with British Airways and is now qualified as cabin crew for long-haul Atlantic flights. Now, he's enjoying travelling the world, especially on BA's North American routes.

After just 3 weeks in his role, Evan earned a reward for excellence. We're so proud of his achievements and wish him continued success in his new adventure!



## Zowie's Story

Zowie came to Portland Pathways after being referred by the Job Centre.

After successfully completing both levels of the Rebuilding Mental Health course, Zowie felt more upbeat, positive and confident. She even recommended it to her daughter and partner who have since completed the course.

Zowie is now working in a lunchtime supervisor role at her daughter's school and is loving it and is also applying for a cleaner role at the school to increase her hours.

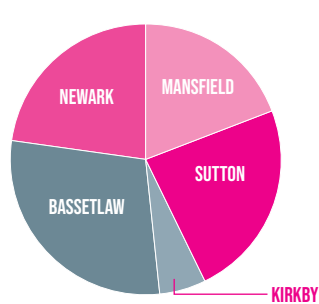


## FACTS & FIGURES 2023/2024



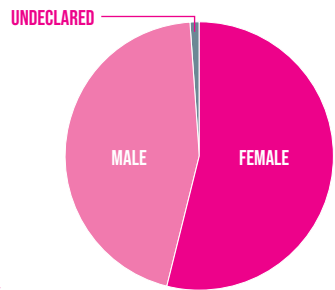
REFERRALS TO SERVICE IN YEAR: **594**

### PREPARATION FOR WORK PATHWAY



#### REFERRALS BY HUB

114 Mansfield (19.2%)  
141 Sutton (23.7%)  
34 Kirkby (5.7%)  
171 Bassetlaw (28.8%)  
134 Newark (22.6%)



#### REFERRALS BY GENDER

270 Male (45%)  
321 Female (54%)  
3 Undeclared (1%)

**108**

#### JOB SECURED FOR CUSTOMERS

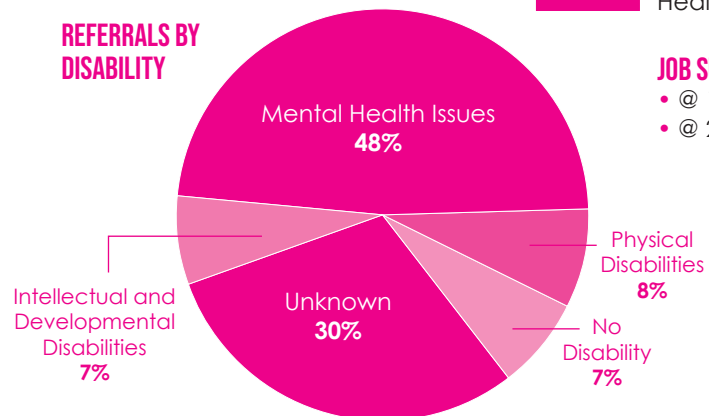
of those securing work  
attended our Recovery  
College/Rebuild Mental  
Health Courses

**35%**

#### JOB SUSTAINMENTS

- @ 13 weeks **83%**
- @ 26 weeks **77%**

#### REFERRALS BY DISABILITY



## SUPPORTING EMPLOYERS PATHWAY

**100**

EMPLOYERS SUPPORTED  
US WITH RECRUITMENT  
THIS YEAR:

## REBUILDING MENTAL HEALTH PATHWAY

**24**

COURSES DELIVERED

**327**

ENROLMENTS  
ONTO COURSES

**5**

COUNSELLORS DELIVERING  
ACROSS THE HUBS

**803**

1-2-1 COUNSELLING SESSIONS  
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

**32%** reduction in Low  
Well-being

**28%** improvement in  
Moderate Well-being

**4%** 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



## NEW FOR 2024/25

Our new hub in Kirkby Library will be open from September 2024.



## 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
- The BNA Charitable Incorporated Organisation

### 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](mailto: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.**