

Building Better Opportunities

Employment support as unique as you are

If you'd like to know more:

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Building
Better
Opportunities

SHEFFIELD
CITY REGION



What do you need to move forward?

We're all different. We've each got our own strengths, ambitions and ideas.

And the best workplaces are made up of a diverse group of people, who bring their unique experiences, personality and skills to their roles. However, we all have things in our lives that can make getting into or staying in work a bit more difficult. Worries about money, your health, your home, your kids... or maybe it's a combination?

That's why we're offering a personalised package of support that's as unique as you are.

We listened...

We listened to over 400 people who found getting work or keeping a job difficult. They told us their stories about the barriers they had experienced, what they did to overcome them, and the achievements that they're proud of. We used these stories to design your free Building Better Opportunities package.

What can I get in my package?

Building Better Opportunities (BBO) is based on Individual Placement Support, a place then train approach.

First, this means working with you to get a job. We learn about your strengths, skills and interests, and about how you work best. Then, we'll move quickly to find the role that's right for you. We'll start contacting employers and searching for jobs within 30 days of you joining BBO.

And then, in your new role, you'll be able to access extra BBO support, mentoring and courses. We'll work with you to make sure you keep and enjoy your new role. You'll choose where you'd like to develop your skills or learn new things – there are loads of different options available!

Your BBO package includes...

- **Your Health and Wellbeing Coach.** Your strengths and skills are at their best when you're feeling good. Your dedicated Health and Wellbeing Coach will support you emotionally and practically, through coaching and counselling, one-to-one sessions, and recommending useful activities.

- **Your Work and Enterprise Coach.** Your coach will help you look for jobs that match your strengths, ambitions and interests. Once you're in your job, they can work with your employer to make sure you've got everything you need to shine in your new role.
- **Benefits advice.** Don't let worry over losing benefits, or understanding what benefits you might be entitled to, hold you back: your BBO package contains specialist benefits and debt advice. This support and information is available at your home, if you'd prefer.
- **Wellbeing and employment courses.** You can access free courses that develop essential skills – from tips on healthy eating, to managing responsibilities at work. They'll be full of other people who are also accessing support and guidance from BBO, so they're a great chance to meet new people, too.
- **Activities.** There are lots of activities to get involved in, from keeping active to volunteer opportunities.
- **Access fund.** Is paying for transport or childcare a worry? Our access fund may help towards the costs that are preventing you getting to or enjoying work.

BBO is funded by the Big Lottery Fund and the European Social Fund. BBO is led by South Yorkshire Housing Association, alongside delivery partners with expertise in employment and wellbeing.

A bit more about your BBO coaches...

You and your BBO coaches will work as a team to meet your goals. They'll support you to stay happy, thriving and well, both in and outside of work. Your friends and family are always welcome to come along when you meet with your BBO coaches.

Your **Health and Wellbeing Coach** will be a trained professional, like an occupational therapist or a counsellor, and will help you to stay well and to meet your ambitions. They'll work with you to develop the skills to thrive at work, and to decide what other support, courses and training you'd like to access.

Your **Work and Enterprise Coach** will help you to understand your skills and strengths, and the jobs and training that you want to apply for. For up to 13 weeks after you start your job, they'll be on hand to make sure you're flourishing in your new role.

Specialist benefits and debt advice

We know that benefits and debt advice is really important when considering moving into work. It's useful to know about the different options and support you have, so that the decisions you make are right for you. You'll meet a trained Benefits and Debt Adviser – they'll offer you guidance both when you join BBO, and when you start your new job. If you'd like, the Benefits Adviser can also visit your home to offer confidential advice to you and your family.

Meet our Peer Ambassadors...

Our Peer Ambassadors have all experienced barriers to getting a job, and are now thriving in work. They're individuals who are in employment, or running their own business, while managing health conditions and/or living with disabilities.

They'll share their thoughts, experiences and triumphs – speaking to other people who have had similar experiences can be helpful and inspirational. You'll choose your Peer Ambassador, and they'll support you in one-to-one meetings.

Our Peer Ambassadors will also visit local employers to promote BBO. They'll talk to them about the different needs people might have when starting work and what they can do to ensure the transition is a success. They'll suggest ways in which employers can work with their staff to help them to flourish in their job, and to stay happy and well.

You may also wish to volunteer as a Peer Ambassador, and support others by sharing your unique experiences and expertise. We'd love to have you on board.

Want to volunteer as a Peer Ambassador?

Contact Caroline Muddimer at c.muddimer@syha.co.uk or call 07393 015276



Guidance, support and training: What we can offer you...

Wellbeing and employment courses

There are many BBO courses available – you simply choose the ones that you'll find most useful. These courses will develop skills that are important both in work and at home. Here are some of the modules we offer:

- Preparing for job interviews
- Communicating effectively with managers and co-workers
- Eating, exercising and sleeping well

You'll take part in the courses alongside other people who have joined BBO – they're a great way to meet others, and to support each other by sharing your experiences. Courses are available at evenings and weekends, and you're welcome to invite friends and family along, too.

Specialist support

At BBO, we work with a number of partners in the Sheffield City Region – each with specialist know-how, talents and resources. You can connect with them to boost specific skills, access useful information, and take part in inspiring experiences. There's lots to choose from, and your Health and Wellbeing Coach can help you decide what support you'd like to access, and when.

Black, Asian, minority ethnic and refugee support

We have a number of brilliant partners that work specifically with people from a Black, Asian, minority ethnic or refugee background. With these organisations, you'll develop skills in:

- Learning or improving English language skills
- Building self-esteem, confidence and aspirations
- Learning about British culture and work environments
- Developing interview techniques and accessing volunteer opportunities

There is also support available for women with learning disabilities, and for those experiencing, or at risk of, domestic violence.

DELIVERED BY

Ashiana
Bassetlaw CVS
Changing Lives
Roshni
Rotherham Ethnic Minority Alliance



Training and skills development

Whether you're eager to boost your creativity, or determined to improve your maths, there's loads of training and skills development options available at BBO! Simply pick the opportunities that most interest or inspire you – here are a few examples of what you can get involved in:

- Budgeting, internet banking and financial planning
- Developing communication skills, confidence and self-esteem
- Improving skills in photography, film, creative writing and IT
- Opportunities to complete accredited courses in maths, English and employability skills
- Learning more about beauty and hairdressing, with the chance to gain recognised qualifications
- Job searching, CV development and interview preparation
- Working in a team, problem-solving, and developing leadership skills
- Increasing confidence in using public transport, and planning travel routes
- Developing self-esteem and confidence through horse-riding

There is women-only and one-to-one support available.

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Changing Lives
Heeley Development Trust
Ignite Imaginations
Key Changes
Landmarks College
Manor Training and Resource Centre
Pakistan Advice and Community Association
Places for People
Reach South Sheffield
Richmond Fellowship
Rural Action Derbyshire
The Learning Community
Wiseability
Woodthorpe Development Trust
Workers' Education Association

Money and legal advice

Managing money is an important part of starting or returning to work. We work with partners to offer:

- Information about debt repayment, bankruptcy and write-offs
- Legal advice on rent and mortgage arrears, harassment, homelessness and discrimination

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Citizens Advice North East Derbyshire
Chesterfield CAB
Derbyshire Law Centre

Physical activity

Staying active helps you to keep fit, feel good, and maintain a positive balance between work and the rest of your life. To keep active at BBO, you can take part in:

- Fun and accessible activities to improve physical fitness, such as walking football, walking groups, and running
- Fitness sessions that also develop social skills
- Groups that explore green spaces, such as local parks and nature trails

DELIVERED BY

Chesterfield FC Community Trust
Rotherham United FC Community Sports Trust
Sheffield Wednesday FC in the Community

Work experience and volunteering

Our work experience and volunteer placements are welcoming, constructive and supportive. And by trying new experiences, gaining knowledge and building confidence, you'll also have some great additions to your CV. The placements and support you can take part in include:

- Experience and training in food growing, composting, and grounds maintenance at local farms
- Placements in catering, construction, crafts and childcare

- Specific work experience and volunteer opportunities for deaf people
- Assistance in finding the right volunteer role, and continued support throughout your placement

DELIVERED BY

Deafinitions
Heeley City Farm
Pre-School Learning Alliance
Rhubarb Farm
Voluntary Action Rotherham
Voluntary Action Sheffield

Additional support and advocacy

And, last but not least, we also offer mentoring, training and support in these areas:

- Mentoring for ex-offenders, to help to prepare for employment and to adjust to new environments
- Crèche services, and guidance in finding sustainable childcare solutions
- Deaf advocate support and British Sign Language interpretation (available in person or via a mobile phone/tablet)
- Workplace assessments, and support for employers to make reasonable adjustments

DELIVERED BY

Cascade Foundation
Deafinitions
Grow
Key Changes
Pre-School Learning Alliance
Sheffield Occupational Health Advisory Service



An employment journey that's as unique as you are



Getting to know your strengths and the things you enjoy

HEALTH AND WELLBEING COACH:

"I'll help you to identify your strengths to help you on your employment journey. I'll also provide emotional and practical support from day one."



WE'RE HERE FOR YOU WHENEVER YOU NEED US

bb

WORK AND ENTERPRISE COACH:

"I'll help you to find out what type of job you would enjoy and explore how we can get you there."



Helping you with benefits (and debts)

You'll get specialist support to ensure you're better off in work. You can visit one of our BBO partners to get this support – or we'll come to you if you prefer.

Starting your rapid job search

We'll help you to start looking for the job you want within 30 days. We'll be there for you whenever you need us, with lots of practical help and advice.

As well as getting help and advice from your coaches, you can choose to get peer-to-peer support from people who have completed their journey to work. You can talk to these Peer Ambassadors one to one, hear about things first-hand and learn from their experience.



HEALTH AND WELLBEING COACH:

"I'll help you manage your health as you return to work. Together, we'll build your confidence and improve your wellbeing."

WORK AND ENTERPRISE COACH:

"I am an expert at finding the right job for you. I'll help you to prepare and apply for roles and I'll be at your side throughout your job search."



Choose a course to help you with your job search

Delivered by our expert partners, the courses are a good way to build your confidence and gain new skills. It's also a great opportunity to meet people on the same journey as you, share your thoughts and make new friends.

BUILD YOUR CONFIDENCE AND GAIN NEW SKILLS



YOU'VE GOT THE JOB YOU WANT!

When you start your new job we'll still be here for you. We'll make sure you have everything you need to succeed.

IF YOU NEED US...

...we'll continue to help you with benefits and debts

...your coaches continue to support you during the first 13 weeks of your new job

...your peer-to-peer support will continue while you settle in and become happy at work



THINKING ABOUT YOUR FUTURE

Now that you're working (or learning) and achieving your goals, you can become a Peer Ambassador and help other people along their employment journey.

After training to become a Peer Ambassador you'll talk one to one, share your thoughts and help others learn from your experience.



A NEW JOURNEY!