

TEES VALLEY ROUTES TO WORK

DARLINGTON NEWSLETTER

Darlington Routes to Work Newsletter

WINTER 2020

Routes to Work Programme Extension

TEES VALLEY ROUTES TO WORK

The Tees Valley Routes to Work programme has been extended for another year due to its success in its first three years. The programme will now offer support to unemployed people across the region until 31st March 2022, after surpassing its expectations and targets of engaging with 2,500 people and getting 375 back into employment by the end of March 2021.

The £7.5million scheme supports those most distant from the labour market on the path to a successful career and back into employment. Since its start in 2018, Routes to Work has supported almost 3,000 people and helped nearly 600 back into employment across the Tees Valley, with 388 and 75 respectively of those from the Darlington area. The scheme is funded by the Tees Valley Combined Authority and DWP and delivered by the Local Authorities

As part of this extension Routes to Work can now support people aged 16+ with signposting, information, advice and guidance and Routes to Work full support if there is no other provision they can access. This change in criteria means more people can access the service, bridging gaps in the existing support, ensuring everyone can receive the help they need to get into employment.

Routes to Work can now be used as one point of contact for referrers to find out what support is needed and signpost to another provider if needed. It can also offer a brief intervention to those not requiring a full programme of support who are looking for general information, advice and guidance.

If you would like to speak to someone or find out more information around the new eligibility, please contact Darlington Routes to Work;

onestopshop@darlington.gov.uk

[01325 406170](tel:01325406170) [07384797696](tel:07384797696)



HERE'S TO A BRIGHTER FUTURE



Team Co-ordinator
Claire Compton

Keyworkers
Sara Hills
Ken Hope
Lynsey Stead
Angela Cooke
Business Support Officer
Julie Barker

The One Stop Shop

The One Stop Shop is presently closed due to the Corona Virus.

Darlington Routes to Work remain in support and can be contacted via email:

OneStopShop@darlington.gov.uk

Or phoning:

[01325 406170](tel:01325406170)

For existing clients, contact can also be made via your keyworker's phone number during office hours.

Getting to know the Darlington Routes to Work Team

Lynsey Stead: Hi I'm Lynsey, I have a background in working with unemployed people and supporting them back into work and as a Routes to Work key worker I enjoy supporting people with CV, application forms and career advice.

Angela Cooke: In my role as Keyworker I enjoy supporting people to reach their goals and realising they can achieve anything they want to.

Sara Hills: Hi I'm Sara, I have a background in education and as a Routes to work keyworker I help people believe in themselves and give them the support and opportunity to get on the right track to allow them to become stronger and to hopefully find the perfect job for them.

Ken Hope: Hi I'm Ken, I have a background in working with people with challenging behaviour and supporting them into work. As a Routes to work key worker I enjoy supporting people to realise their goals.

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Movember Achievements

Movember is a movement to raise awareness of men's health issues, such as prostate cancer, suicide prevention, testicular cancer and mental health,

<https://uk.movember.com/?home>. Because mental health illness has affected more people and in more ways during 2020, Darlington Routes to Work Keyworkers each made a pledge to get involved in Movember, to help their own mental health and raise awareness. Keyworkers each decided on one of the 5 Ways to Wellbeing, *Connect, Be Active, Take Notice, Learn* and *Give* and pledged to do something positive to help their mental health during November. You can find more information on the 5 Ways to Wellbeing by visiting:

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

We did it! Following on from Darlington Routes to Work's team pledging to complete chosen tasks in the last newsletter, we are happy to tell you that we have completed all our pledges.

Claire completed a Mindfulness walk each weekend and enjoyed the scenic views in all the different weather we had.

Angie walked 553,066 steps, walking her dogs and taking time to reflect and forward plan.

Ken ran 121 miles over the month, which helped him feel more positive and disciplined.

Julie took a walk every day to get some fresh air and exercise and also cleared out some drawers.

Sara sorted through her drawers and wardrobes and donated to a local charity.

Completing the pledges has contributed to looking after our own mental health during these tough times, and a lot of us will be continuing our activities as we have all appreciated the benefits of just taking as little as 30 minutes out to look after ourselves.



HERE'S TO A BRIGHTER FUTURE



Partner Spotlight

Learning & Skills

ONLINE COURSES



Due to the Prime Ministers Lockdown 3.0 announcement on 4th January, the Learning & Skills team have moved to online learning until we can resume classroom-based delivery.

To help upskill the local population and to help them find employment, the Learning & Skills team now offer brand new Continuing Professional Development (CPD) courses. Delivered 24/7, all year round, these courses are accessed online and take between 2 and 4 hours to complete per subject. There is no set date or time, you complete the course in your own time, and they are completely free of charge.

There are over 20 courses on offer, including (but not limited to) the following:

- Health and safety in the workplace
- Manual handling safety at work
- Food Safety Awareness
- Personal Money Management
- Control of Substances Hazardous to Health (COSHH) risk assessment
- Understanding Depression

The team also offer slightly longer, accredited versions of some of the CPD courses in the form of Distance Learning courses. As above, these courses are delivered virtually, are free of charge and you can start at any time. Distance Learning courses allow you to gain the necessary qualifications you may need for employment. These courses are accredited to Level 2 and with over 20 courses to choose from, there's something for everyone.

Signing up couldn't be easier. Please visit the courses page on Learning & Skills' website for more information –

www.darlington.gov.uk/learningandskills

Word Search

Here is a little poser for you. See if you can find all the words related to Routes to Work. There is one word that doesn't belong there and isn't in the word search. Can you find which one?

Words:

ADVICE, ACTIONPLAN, CERTIFICATES, CONFIDENCE, COURSES, CV REVIEW, DISRESPECT, EMPLOYMENT, ENGAGEMENT, FUTURE, HELP, JOBS, KEYWORKER, ONE STOP SHOP, ROUTES TO WORK, SUPPORT, TEES VALLEY, TRUST

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