

Our services in East Kent

Shaw Trust is a national charity which supports disabled and disadvantaged people to prepare for work, find jobs and live more independently.

We believe everyone has the right to work and we have campaigned for over 25 years to turn our vision into a reality.

Every year we work with over 75,000 clients who face barriers due to disability, ill health or social circumstance.

If you live in East Kent and experience mental ill health, we can support you to learn new skills, gain work experience and paid work.

We work in partnership with other organisations to make sure that advice and support is tailored to your individual needs.

We can also provide information and advice about benefits.

***Our services are free.
Contact us today to find out more on
01227 795195***

Has mental ill health made it difficult for you to find or stay in work?

We can support you to move into further education, voluntary work or paid work.

Our friendly, experienced Advisers will work with you to provide advice about options that are relevant to your individual circumstances and requirements.

We can support you to:

- Identify and develop your skills
- Build your confidence and motivation
- Find any other support services you may need
- Access training and gain qualifications
- Develop job search, CV writing, application form and interview skills
- Find voluntary work placements and paid work
- Overcome any barriers to work

We also provide **ongoing support**, tailored to your individual needs, to help you stay in work or training.

We can help you to access a range of short courses, leading to qualifications in subjects such as:

- Office skills
- IT
- Retail
- Literacy and numeracy

All activities are flexible – you can choose the pace that is right for you.



Dieta's story

Dieta has turned her life around since joining Shaw Trust's East Kent project. With the support of Shaw Trust staff, Dieta has built on an interest in gardening and worked hard to gain an NVQ in Horticulture. She has now started voluntary work using her horticultural skills. Dieta says:



"This has been one of the greatest opportunities of my life. Shaw Trust has helped me to help myself and find a new direction. Shaw Trust recognised my capabilities and believed in me."

How to find out more

If you are aged between 18 and 65, experience mental ill health and access Community Mental Health services, please contact us to find out how we can support you.

Telephone: 01227 795195

Email: kent.enquiries@shaw-trust.org.uk

Our services are free and you will need to be referred by your Community Mental Health team.

This leaflet can be provided in alternative formats – please contact us with your requirements.



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