

Nottinghamshire County South IPS Newsletter



Covering:

Broxtowe and Hucknall LMHT

Gedling LMHT

Rushcliffe LMHT



IPS

What is the IPS service?

The IPS (Individual Placement and Support) service supports people with severe mental health difficulties into gaining employment. IPS is based on eight key principles. These include a focus on competitive employment, rather than volunteering or sheltered work; zero exclusion, open to all who want to work; and close integration between Employment Specialists and mental health teams.

Why Use IPS?

Suitable work is good for wellbeing – getting back into employment can be a vital part of a recovery journey. People experiencing severe mental illness who find paid work show reduced symptoms, gain financial independence, and have an improved quality of life.

IPS works!!! – Compared with traditional support, IPS has been proven in numerous studies to help more people with severe mental illness back into work quicker. On average, people receiving IPS keep their jobs longer, earn more, and spend less time in hospital. That's why NICE recommends mental health services to provide IPS to their users.

IPS Employment Specialists tailor their support to each individual.

IPS @ FUTURE'S POSITIVE

We were approached by service users with new name suggestions with votes for "Positive Futures", unfortunately there is already a service with this name, so we decided to rearrange the wording to ensure you were listened to! Our new name is "[Future's Positive](#)".



Myth vs Reality

There is a common misconception that people with mental health difficulties can't or don't want to work. However, research shows 70 to 90% of people with mental health issues would like to work, but only 37% are in paid employment. For people with severe mental illness this is far lower, it's just 8%.

Access to the right job with the right support plays a key role in recovery, confidence and expands social networks.

What can IPS do for you?

A case study from Gedling

My journey, where to begin. I got my mental health diagnosis in September of 2020. This was after an already hard year. Things were looking rather bleak, as I was off work and not really knowing where to go with my life. I didn't want to return to the workplace I was at but then felt the pressures of society, thinking I had to.

After speaking about this to my doctor, he suggested me trying out the employment specialist service to help with all my worries around work.

After a couple of weeks, along came Debbie, she was an absolute star! Debbie, an employment specialist, firstly listened to my story and encouraged me to talk about it. This helped as I didn't feel so alone. Yes I have friends and family whom I talk to, but sometimes we don't want to burden them, so a professional who can lend an ear, I find, is always helpful.

I began by explaining that I was going through the staged sickness meetings at work and how anxious I was that they were going to dismiss me. I didn't want that on my records. I wanted to go on my terms, not theirs. Debbie, listened and offered her help and guidance with those meetings allowing me to feel more at ease.

Then, we got down to the nitty gritty that I essentially didn't even want to stay at this place of work, I wanted a fresh start. Somewhere I could be happy going to and working for.

Debbie looked at my CV and helped me to get it more up to date. Later that week she had sent me jobs that were in the areas I wanted to work in. It was a great help knowing someone else was looking out for those jobs as well as myself, because then the pressure of looking doesn't feel so overwhelming. Weekly Debbie would send me a couple of links via my email, some I would look at and think "at this time that's probably a bit too much for me" or the other way of "this looks fab, I hadn't even seen this advert".

Nonetheless, after a few months of meetings with Debbie, my confidence had grown and my self esteem about getting back into another job had risen. I was still having meetings at my previous work, which were still causing some anxiety but not as much as I had a new goal to look into, all thanks to working with my employment specialist, Debbie.

After a couple of months I started to get some interviews and after some interview preparation techniques, done through a meeting with Debbie, I felt as if I could tackle them all.

Finally, my luck had hit. I had landed a full-time job role, and couldn't be happier in it. I love what I am doing now.

Yes, I am still finding my way with my diagnosis but having a purpose to get out of bed and help people, is allowing me to sustain my recovery.

I couldn't have done it without the help from Debbie and I couldn't thank her anymore for allowing me to find this opportunity of gaining back my confidence.

So my advice, from one person who has gone from a hard place to finally seeing a light at the end of the tunnel, ask for as much support as you can get, it really does make that little difference to your journey of recovery.

Where do we cover?

Broxtowe and Hucknall

Hope Centre

Beeston, Bramcote, Chilwell, Eastwood, Hucknall, Kimberley
Stapleford and Toton

Gedling

Manor Road

Arnold, Bestwood, Carlton, Colwick, Gedling, Lowdam,
Netherfield, Ravenshead and Sneinton

Rushcliffe

Musters Road

Bingham, East Bridgford, East Leake, Edwalton,
Radcliffe on Trent, South Notts Villages and West Bridgford

Meet The Team

I am a Senior Employment Specialist covering the Nottinghamshire County South. I previously worked for the DWP as a Chartered Work Psychologist. In this role I supported the Disability Employment Advisers and the Work Coaches to work with individuals with disabilities, who needed additional support, to help them into employment. I was also involved in developing and facilitating individually tailored training courses that were designed to support employees of DWP to work positively with claimants. I look forward to using this experience in my new role.



Jennifer Clarke
Senior Employment Specialist –
County South IPS



I have worked for the NHS Mental Health Services for over 25 years. For the past 10 years I've been supporting people to find paid employment, providing hope and belief that this is a realistic goal for people. It is a very rewarding role, that is being rolled out nationwide, we now have a wonderful team of Employment Specialists, each one, dedicated to find the best possible outcome for our clients

Melvyn Simpson
Employment Specialist –
Broxtowe and Hucknall

I work for the Broxtowe and Hucknall LMHT as an Employment Specialist previously worked as a Career Adviser, primarily with young people at the Connexions Service. I also have experience working in the Occupational Therapy service within Adult Mental Health as a Support worker. I am aware of the benefits of work on mental health and am passionate about helping people achieve their goals within the workplace.



Catherine Smith
Employment Specialist –
Broxtowe and Hucknall



I am an Employment Specialist for Future's Positive. I have been working for the NHS with Future's Positive for 12 months now. I thoroughly enjoy my role which allows me to offer lots of different help, to all sorts of people.

Debbie Fleet
Employment Specialist -
Gedling



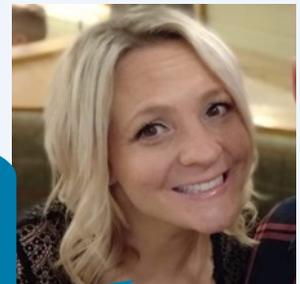
Hi I'm Claire, Employment Specialist within Local Mental Health Team at Manor Road, Gedling. Brand new to the NHS but have over 7 years experience within education, training, employment and community support programmes across Nottinghamshire and Derbyshire. I have a genuine passion for supporting people and helping them unlock their potential and pursue a career that is meaningful and in line with their personal goals.

Claire Sharpe
Employment Specialist -
Gedling



I work for Rushcliffe Local Mental Health Team as an Employment Specialist, I have previously worked as a science teacher for 22 years. I am passionate about mental health and I enjoy supporting clients to find work.

Stuart Dykes
Employment Specialist -
Rushcliffe



I am the Team administrator playing a vital role for Future's Positive. I have extensive experience in administration and pride myself in being a link between various services and Future's Positive. I am based at Mansfield and Ashfield Local Mental Health Team. My role allows for the rest of the team to carry out their roles more efficiently.

I enjoy my role within the team because the tasks I complete are varied and challenging. No week is the same. I feel appreciated for the work I complete and the support I provide to the team.

Jordan Malbon
Notts IPS Administrator

How To Refer to Employment Support (IPS)

As long as a person is under the Secondary Mental Health services they are eligible to be referred to IPS for an Employment Specialist

We advise the CPN/OT/CCO/CSW/Dr to have a chat with the Employment Specialist first to discuss the service user. The Employment Specialist will be able to come on a joint visit before a referral to introduce themselves.

If the service user would like to get back into employment then a referral form can be filled in and sent to **FuturesPositive@nottshc.nhs.uk**