



Are you looking for work?

If you have a health or disability issue which is making finding the right job that bit harder - don't worry!

We have a range of information, advice and support to help you into the world of work.

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Getting a job

Capability Scotland	<p>Capability Scotland has over 25 years' experience in supporting customers with a disability or health condition to access sustainable employment, accredited training or further education. Working in partnership with one of their Employment Services Officers, clients will receive a person centred approach to help identify individual strengths and future career goals, enabling them to achieve their goals through a variety of methods.</p>
Enable Scotland	<p>Enable Scotland supports people with a learning disability find the right job for them. If you would like ENABLE Works to support you, one of their Employment Coordinators will come to meet you to discuss the wide range of support they offer.</p>
Fife Employment Access Trust (FEAT)	<p>FEAT offer employability support for people with mental health conditions. They offer a wide range of support to increase your resilience and employability while creating a safe, nurturing, supportive and compassionate environment.</p> <p>Individual Placement and Support (IPS) - This service is for those with a mental health condition who want to work. The IPS service will get you into work and then support you in staying there including involving your new employer.</p>
Making it Work	<p>This project works with lone parents to provide accessible, approachable, non-judgemental support, advice and information on a range of subjects. They aim to enhance parents' personal skills, confidence, coping strategies, resilience and employability.</p>
Momentum Skills Fife	<p>Momentum Skills in Fife run a suite of programmes to support you into work.</p> <p>Work Choice is a bespoke voluntary programme backed by the Government and designed specifically for people who, due to poor health or disability, may find it difficult to find and/or sustain work.</p> <p>Work Choice Retention is a program designed to support employers and employees. This program works to prevent the loss of an employee due to ill health and absence from work. We support both employer and employee to maximise staff retention.</p> <p>Specialist Employability Support – The Momentum SES program is DWP funded for people with significant barriers preventing them from moving into work. The program includes specialised interventions tailored to the individual, designed to overcome complex barriers and support participants into sustained employment.</p>
RNIB	<p>RNIB Scotland supports blind and partially sighted people in finding work, and helps those already in work to retain their jobs.</p>

<p><u>SAMH</u></p>	<p>Many people with mental health problems want to work, and there is a wealth of evidence showing that helping people into work can have a positive impact on a person's mental health. SAMH's National Employment Team work with and support people to help them move closer to employment; to gain and retain jobs. They offer tailored support in Fife through a variety of programmes:</p> <p><u>Work Programme</u> – the Work Programme is for people who have been identified as needing specialist support to find employment. Advisors offer weekly one-to-one appointments.</p> <p><u>Going Forth</u> - an employability service available across Fife which provides support for individuals to reach their goals in personal development, training and employment.</p> <p><u>Evergreen</u> - is a SAMH training service which delivers the SAMH GROW Programme. GROW combines therapeutic horticulture and practical skills in gardening to aid their clients in their recovery from mental health issues. The Evergreen project is based in Kirkcaldy.</p>
<p><u>Scottish Autism - Fife's One-Stop-Shop</u></p>	<p>The Fife One Stop Shop is based in a central location in Dunfermline where they offer people with autism, their families and professional's information and advice about autism as well as the kinds of support services that are available locally.</p>
<p><u>Supported Employment Service</u></p>	<p>The Supported Employment Service is a free and confidential service for people living in Fife with disabilities or health issues. The team will support you throughout your journey into work including supporting you once you're there.</p>
<p><u>Volunteering</u></p>	<p>Fife Voluntary Action can offer one-to-one support for people with additional support needs or who have additional barriers to employment. Volunteering is a great way to build confidence and skills.</p>

Advice and Support

<p><u>Access to Work</u></p>	<p>An Access to Work grant can pay for practical support if you have a disability, health or mental health condition to help you:</p> <ul style="list-style-type: none"> • Start working • Stay in work • Move into self-employment or start a business <p>Access to work offer a whole range of support – if it helps you get into or stay in work they’ll do what they can to help!</p> <p>Support includes:</p> <ul style="list-style-type: none"> • Funding for transport to help you get to and from work if you can’t access public transport • Funding for specialist equipment and technology • Funding for equipment required for you to work safely including chairs, desks etc. • If you already have equipment they’ll fund adaptations if required • A communicator at a job interview • Disability awareness training for your colleagues
<p><u>Breathing Space</u></p>	<p>Sometimes thoughts and feelings can overwhelm us and it helps to get some Breathing Space – a free, confidential, phone service for anyone in Scotland experiencing low mood, depression or anxiety.</p>
<p><u>Fife Society for the Blind</u></p>	<p>Offer a range of support and access to equipment to those with a visual impairment, to help them to get into or stay in work.</p>
<p><u>Fit for Work Scotland</u></p>	<p>This free, confidential NHS advice and support service is for employed people who have been absent (or expect to be) from work for four weeks. They work with you, employers and GPs to manage a safe and sustained return to work.</p>
<p><u>Working Health Services Fife</u></p>	<p>If you work in Fife, for a business with less than 50 employees or are self-employed and you’re struggling with a health issue (back pain, muscle and joint problems, stress and other mental health problems) and you want to stay in work, Working Health Services can support you with a range of services.</p>

Training and Equipment

AAC Scotland	<p>The Augmentative and Alternative Communication (AAC) Scotland website offers straightforward advice on accessible information technologies.</p>
Adult Basic Education (ABE)	<p>Provides free tuition for adults wanting to improve their basic skills in reading, writing, spelling, arithmetic, basic maths, grammar and punctuation. They also offer free advice and help to those who are dyslexic, a condition which affects one in ten of the population.</p>
Fife College	<p>Fife College offers a range of courses, training and support to help you study towards the career you want.</p>
Fife Society for the Blind	<p>Fife Society for the Blind is for anyone in Fife concerned about their eye sight. Support includes:</p> <ul style="list-style-type: none"> • Fife Society Optician; • Sight Support Team; • Access Technology Team; and • The Karten Network which is a network of IT centres for disabled people.
Humanware	<p>Focus on enhancing the lives of people with visual and learning disabilities, HumanWare provides solutions that enable their customers to participate effectively in today's information intensive and highly mobile society.</p>
Individual Learning Accounts (ILA's)	<p>Individual Learning Accounts (ILAs) are for people who are 16 or over and living in Scotland. You can use this account to access up to £200 towards training.</p>
RNIB Shop	<p>RNIB is a charity with four clear priorities:</p> <ul style="list-style-type: none"> • Stopping people losing their sight unnecessarily • Supporting blind and partially sighted people to live independently • Creating an inclusive society • Being there <p>They offer a range of assistive technology at their shop.</p>
Sight and Sound	<p>Sight and Sound Technology strive to provide the best solution and support to improve the lives of those who have a sensory or age related disability. They offer the latest technology to support those with a visual impairment and provide lifetime support on products purchased through them.</p>
The Big Plus	<p>The Big Plus encourages adults to improve their reading, writing and number skills.</p>
Vision Aid	<p>Offer a wide range of vision aids for people affected by low vision to maintain independence.</p>