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The Cellar Trust - Farfield Road, Shipley BD18 4QP



Pathways to Employment



The Cellar Trust - Supporting You

We help people dream of a brighter future, develop goals and work on a plan to get there.

We all have mental health and the effects of poor mental health can be devastating in all areas of life, not least in gaining and remaining in employment.

No matter where you are on your journey we're here to help.

You can access this service if you:

- Are 16 or over
- Are out of work or on sick leave with mild to severe and/or enduring mental health problems
- Want to work towards a specific goal such as education, training, voluntary work or paid work
- Live in Bradford, Airedale, Wharfedale and Craven



Help along the way

Whether you want to develop new skills, undertake a new qualification, gain some work experience, or explore a new career choice - we can support you.

We offer one-to-one coaching, action planning and goal setting. Together, we can explore areas for self-development; you can take our free employment or self-development workshops, or one of our digital skills courses. Whatever step you're ready to take, we have an experienced and empathetic team here to support you.

You can also join our Job Club; this group comes together and offers practical support for creating and updating your CV, creating cover letters, structured job searching, exploring the labour market and support with the application process and well as interview preparation.



Help when you get there

Once you are in employment, voluntary or paid, we will still be here to help you settle in your new role.



Staying in work

Whether you are an employer with concerns about a member of your workforce, or an employee experiencing difficulties with your mental wellbeing, you may need support with work retention and sick leave. We can offer the following services to support you:

- One-to-one coaching and regular progress reviews
- Action planning and goal setting
- Negotiating reasonable workplace adjustments and a return to work strategy



How to get in touch

01274 588002 | referrals@thecellartrust.org