Do you know that work is good for health? Recent evidence shows that being in meaningful employment is good for us; it can aid rehabilitation and recovery and those in work have better physical, mental and social health and wellbeing.

We would like to take this opportunity to introduce you to the Health and Employability team who aim to assist those that feel their current physical or mental health and wellbeing is a barrier in progressing towards employment.

Those who volunteer to participate in the programme will receive support, guidance and information on activities and services designed to increase knowledge, skills and confidence to engage in health improving behaviours, managing their condition, and assistance in identifying personal employment and training needs.

The team are co-located with Renfrewshire Workforce Plus Equal Access staff within the PPRC building in Ferguslie Park, however can see clients at a variety of venues throughout the Renfrewshire area.

The team are:

Sandra McGuire  Was previously the Manager for the NHSGGC project, Live Life Network. With a wide knowledge of Project Management, Health Improvement & Inequalities and Community Health Initiatives, Sandra will have responsibility for ensuring that Employability is a strategic priority for Renfrewshire CHP and establishing a positive partnership between the CHP and Renfrewshire Workforce Plus.

John Barber  Was previously the Phase IV Coordinator with Health Demonstration Project Have a Heart Paisley managing the Health Coaching initiatives. With in-depth knowledge and experience of health behaviour change John will contribute to the development of approaches and strategies to enable individuals to be the co-producers of their own health whilst realising their employment aspirations.

Denise McDaid  Was previously with Have a Heart Paisley’s Unmet Need Project and has a background in Community Learning and Development. Denise will work alongside local partners and network within communities to engage with those furthest from the labour market with health barriers and assist them in identifying the multiple supports required to enter the employability pathway.

In the coming months we will be sending out marketing materials and be in touch to offer employability training for health professionals. However, in the meantime if you would like further information on the programme or details on how to refer patients to us then please get in touch with John Barber on 0141 848 9641.