

Get Hampshire Working Plan

Annex 5 – Work, health and skills support across Hampshire

| Provision name | Support type* | Delivery lead organisation | Website | Target group(s) | Brief summary of support |
|---|---------------|---|---|-----------------------------------|--|
| 350+ NHS careers | H, S, W | NHS Hampshire and Isle of Wight Integrated Care Board | https://hiow350careers.nhs.uk/ | Young people | The 350+ NHC careers programme not only enlightens students of all ages to the number of jobs available within the NHS, but also dispels the myth that all roles involve a 'hands-on' medical/care element. |
| Access to Work | H, W | Jobcentre Plus | https://www.gov.uk/access-to-work | Health conditions or disabilities | Access to Work can help people with health conditions or disabilities get or stay in work. It provides help to pay for practical support, communication support at job interviews and help manage mental health at work. |
| Advanced Customer Support Senior Leader | H, W | Jobcentre Plus | https://www.gov.uk/contact-jobcentre-plus | Unemployed | Works with Senior Leadership Teams across DWP to focus on DWP's responsibilities to our customers most at risk. |
| After the Military | S, W | After the Military | https://www.afterthemilitary.co.uk/ | Armed forces community | After the Military specialises in helping ex-military personnel build a bridge to the right career when life in the forces has come to an end. |
| Andover Health Hub | H, W | Hants & IOW NHS Foundation Trust/Andover PCN/TVBC | https://www.andoverpcn.co.uk/our-services/health-hub/ | Health conditions or disabilities | Integrated approach to health, housing, poverty. Community Wellbeing Workers being recruited |
| Andover Skills Training Fund | S | Test Valley Borough Council | https://www.testvalley.gov.uk/business/earningeducationandskills/education-training-skills | Unemployed | Training funding for Andover employees and Andover businesses |
| Apex Clean Energy Training Centre | S, W | Fedcap | https://fedcap.org.uk/news/basingstoke-mp-opens-apex-clean-energy-training-centre-and-meets-first-solar-panel-installation-graduates/ | Unemployed | The Centre offers a comprehensive 12-week industry-led course designed to prepare individuals for careers in solar photovoltaics installation and operations, with no prior experience required. Learners will engage in hands-on technical training, develop employability skills, and earn accredited certifications, equipping them with the knowledge and experience needed to succeed in this rapidly growing industry. |
| Armed Forces Champions | W | Jobcentre Plus | https://www.gov.uk/contact-jobcentre-plus | Armed forces community | Specialist support for service leavers and veterans to enhance their employability and enable the individual to move towards lasting employment or progress in work. |
| Armed Forces Covenant Forces Home Straight | H, S, W | Citizens Advice Solent East (CASE) | https://casolenteast.org.uk/ | Armed forces community | The provision of a dedicated advice service to the Armed Forces Community (including regular personnel, reservists, veterans, their families and bereaved) across Hampshire. This includes advice on aspects such as welfare benefits, housing, debt, family and relationships, employment rights, and general social welfare matters. |
| Armed Forces Covenant Fund Trust: Serving Families On the Move | H, S, W | Citizens Advice Solent East (CASE) | https://casolenteast.org.uk/ | Armed forces community | The provision of a dedicated service that provides assistance to Service families throughout their relocation to Portsmouth and surrounding locations, ensuring they have access to essential resources and coordinating with supporting organisations to establish a unified support system that addresses the diverse needs of Service families on the move |
| Basingstoke Youth Hub | S, W | Basingstoke and Deane Borough Council | daniel.garnier@basingstoke.gov.uk | Young people | Hub accessible to young people aged 18 to 24 currently not in employment, training or education to gain personalised support to access employment, education and training |
| Breastfeeding Welcome Scheme | H | Gosport Borough Council | https://www.gosport.gov.uk/breastfeedinggwelcomescheme | Women | Encouraging venues to welcome and encourage breastfeeding parents |

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| Building Heroes: Hounsome Fields Skills Academy | S, W | Sparsholt College Group | https://www.buildingheroes.org.uk/news/building-heroes-celebrates-the-official-opening-of-the-hounsome-fields-skills-academy-in-partnership-with-vistry-group | Armed forces community | The programme offers re-skilling and redeployment into the civilian workplace, specifically targeting the building, construction, and engineering sectors. The curriculum follows the various stages of a building's lifecycle, providing learners with valuable skills and employment pathways as they transition from service to civilian life. |
| Cancer Support Group | H, S | Gosport Central Primary Care Network | | Health conditions or disabilities | 60 minute drop-in once per month provide peer support and signposting |
| Careers Advice for Life | S, W | University of Winchester | https://www.winchester.ac.uk/student-life/Careers-Support-and-Advice/ | Young people | As a graduate of the University of Winchester you have access to Careers Advice for Life, and we have a huge range of resources to support you as you move forward on your career journey. |
| Children & Young Person Well-Being Practitioner | H, S | Gosport Central Primary Care Network | | Health conditions or disabilities | 121 and Group Sessions offered to children and families |
| Community Furniture Project Basingstoke | S, W | Newbury Community Resource Centre | https://www.n-c-r-c.org/community-furniture-project-basingstoke/cfp-basingstoke-training/ | Unemployed | Learning platform providing a range of courses to support people out of work or in work |
| Connect to Support Hampshire | H | Hampshire County Council | https://www.connecttosupporthampshire.org.uk/ | | Helping you stay independent for longer by providing you with resources to look after yourself, stay safe and connected with your local community. |
| Connect to Work | H, S, W | Hampshire County Council | https://www.hants.gov.uk/business/skills/bootcamp/employersupport | Health conditions or disabilities | Connect to Work is the first programme under the Government's Get Britain Working Strategy that will take a more collaborative, locally led approach to tackling 'Hidden Unemployment'. This work programme will help disabled people, those with health conditions and people with complex barriers to employment, to find and remain in sustainable work. It will also provide for those who are employed and are at risk of falling out of work. |
| Construct Your Future | S, W | Hampshire County Council | https://www.hants.gov.uk/educationandlearning/participation-lifelong-learning/employmenthub/construction-training | Unemployed | A mentoring project to help new employees build resilience, make the right impression, stay in work and plan for personal progress. |
| Dedicated outreach in the Community | H, W | Jobcentre Plus | https://www.gov.uk/contact-jobcentre-plus | Health conditions or disabilities | Outreach services in various GP surgeries and Mental Health Facilities. |
| Dental Clinic | H | Dentaid the Dental Charity | https://www.dentaid.org/ | Health conditions or disabilities | Free dental treatment for adults who meet eligibility criteria |
| Disability Employment Advisors | H, W | Jobcentre Plus | https://www.gov.uk/contact-jobcentre-plus | Health conditions or disabilities | Offer of specialist advisors in all Jobcentres dedicated to helping people with health conditions or disabilities to secure and stay in work |
| DWP Clinic | S, W | DWP | | Health conditions or disabilities | Patients are referred if unemployed or in receipt of fitness note and wanting work related advice and guidance |

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| DWP Rapid Response Service | S, W | Jobcentre Plus | https://www.gov.uk/staff-redundant/getting-help | | Provide support to individuals facing redundancy, helping them find new employment opportunities, access training, and manage their finances during the transition |
| Employability & Job Search | S, W | HSDC | www.hsdc.ac.uk | Unemployed | Free government-funded training |
| Employment and Skills | S, W | SNG | https://www.sng.org.uk/customers/support/employment-and-skills | Unemployed | Our Employment and Skills Team offer a personalised service of guidance, support and practical help to any SNG customer looking to access training or work. |
| Employment and Skills Development | S | The Vine Centre | https://www.thevinecentre.org.uk/education-skills-development | Unemployed | At The Vine Centre we support people at any stage of their learning and employment journey. We can help you to improve your reading, writing or digitals, create or update your CV or help you to make job applications or prepare for interview. Our services are designed to be flexible, so you can interchange between My Space (for those ready for work) and My Helping Hand (for those needing to boost skills) or even sign up to some of our in house training to boost your employability and confidence. |
| Employment and Skills Hub | S, W | Hampshire County Council | https://www.hants.gov.uk/educationandlearning/participation-lifelong-learning/employmenthub | Unemployed | Coordinates Employment and Skills Plans (ESPs) with contractors and councils to create jobs, apprenticeships, and training opportunities. |
| Employment and Skills Plans | S | Test Valley Borough Council | https://www.citb.co.uk/standards-and-delivering-training/national-skills-academy-for-construction/ | Young people | Work experience, apprenticeships, careers /jobs fairs, training for on site workers |
| Employment Support | S, W | Spectrum Centre for Independent Living | https://spectrumcil.co.uk/services/employment-support/ | Health conditions or disabilities | We provide a range of personalised employment related support for Disabled People of all ages, both job seekers and people in work and training. We also offer consultancy and training services for employers on a range of employment related issues, including developing accessible work environments, policies and working practices. |
| Employment, Training and Support | S, W | Abri | https://www.myabri.co.uk/my-support/employment-training-and-support | Unemployed | Abri tenants and families looking to improve their employability, gain new skills, and secure better job opportunities |
| English and Maths Courses | S | Hampshire County Council | https://www.hants.gov.uk/educationandlearning/participation-lifelong-learning/adult-tailored-learning | Unemployed | Free online courses to help adults develop their knowledge and skills of English and Maths and/or prepare for functional skills curriculum if not currently holding a Level 2 English / Maths qualification. |
| English and Maths Courses | S | Farnborough College of Technology | https://www.farn-ct.ac.uk/fcot-adult-learners/free-courses-for-adults/ | Unemployed | We offer a variety of classes, both during the day and evening, for those who wish to improve their employment or educational prospects. These are formal qualifications in English and Maths, from beginner to Level 2. |
| English and Maths Courses | S | St Vincent College | https://www.stvincent.ac.uk/adult-education/functional-skills-gcse/ | Unemployed | Free government-funded training |
| English and Maths Courses | S | Sparsholt College Group | https://www.sparsholt.ac.uk/subject/english-and-maths/ | Unemployed | Most employers, colleges and universities are now asking for a minimum of a GCSE grade C/4 and above in English and Maths, which is why at Sparsholt, we ensure you work towards achieving this as part of your course. |
| English and Maths Courses | S, W | HSDC | www.hsdc.ac.uk | Unemployed | Free government-funded training |
| English for Speakers of Other Languages | S | Greater Rushmoor Nepali Community | https://www.grnc.org.uk/ | Foreign language speakers | ESOL provision for Nepali residents |
| English for Speakers of | S | West End Centre | https://www.westendcentre.co.uk/events | Foreign language speakers | ESOL provision for non-english speakers |

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| Other Languages | | (Hampshire Cultural Trust) | | | |
| English for Speakers of Other Languages | S | Farnborough College of Technology | https://www.farn-ct.ac.uk/course/award-in-esol-skills-for-life-speaking-and-listening-entry-1/A121/ | Foreign language speakers | ESOL provision for non-english speakers |
| English for Speakers of Other Languages | S | Hampshire County Council | https://www.hants.gov.uk/educationandlearning/participation-lifelong-learning/esol | Foreign language speakers | Adult Tailored Learning offers English for Speakers of other Languages (ESOL) courses to adults age 19+ where English is not your first language. |
| English for Speakers of Other Languages | S, W | HSDC | www.hsdac.ac.uk | Foreign language speakers | Free government-funded training |
| English for Speakers of Other Languages | S | Peter Symonds College | https://psc.ac.uk/ahed/subjects/ESOL | Foreign language speakers | English for Speakers of Other Languages (ESOL) courses are designed to help non-native English speakers improve their language skills for everyday life, work and further education. These courses cover reading, writing, speaking and listening, often with a focus on practical communication. |
| English for Speakers of Other Languages | S | St Vincent College | https://www.stvincent.ac.uk/course/essential-skills-esol-non-accredited-2/ | Foreign language speakers | ESOL provision for non-english speakers |
| English for Speakers of Other Languages | S | South Hampshire Colleges Group | https://shcg.ac.uk/courses/adult-esol-english-for-speakers-of-other-languages/ | Foreign language speakers | ESOL provision for non-english speakers |
| English for Speakers of Other Languages | S | Brockenhurst College | https://www.brock.ac.uk/course/english-for-speakers-of-other-languages-esol/ | Foreign language speakers | ESOL provision for non-english speakers |
| Enterprise Apprenticeship Scheme | S, W | East Hampshire District Council | https://www.easthants.gov.uk/businesses/support-apprenticeship-costs | Young people | Business support scheme financial support to take apprentices |
| Enterprise in Hampshire | S, W | King's Trust | https://www.kingstrust.org.uk/how-we-can-help/courses/enterprise/hampshire | Young people | Want to start your own business and need support to make it happen? Our free Enterprise programme is here for you. |
| Family Community Work Coaches | S, W | Jobcentre Plus | https://www.gov.uk/contact-jobcentre-plus | Unemployed | Family Community Work Coaches working in partnership with the DfE and local authorities to empower families through employment. |
| Fareham Exercise Referral scheme | H | Fareham Borough Council | https://www.fareham.gov.uk/leisure/out-and-about-in-fareham/exreferral.aspx?close=True | Health conditions or disabilities | Subsidised/free access to specialist exercise classes via referral from a medical professional |
| Fit For Work | S, W | YMCA Fairthorne Group | https://ymca-fg.org/ | Young people | Equip young adults in housing with the tools they need to rebuild confidence, and employability. |
| Flexible Support Fund | W | Jobcentre Plus | | | The Flexible Support Fund is a locally managed budget to supplement existing services and tailor support to the needs of individuals in the local area. |

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| Footprints Project | H, S, W | Footprints Project | https://www.footprintsproject.co.uk/our-vision | Prisoners and ex-offenders | The Footprints Project exists to encourage self-worth, nurture hope, and bring a sense of belonging to people in Hampshire and Dorset who have been affected by prison and the criminal justice system. We support people who have recently left prison, received a community sentence or have a police caution. We help them navigate day-to-day life during their most vulnerable moments, and work with them to create a clear and positive vision of their future. |
| Forces Re-engineered | S, W | Forces Re-engineered Garage Ltd | https://www.forcesreengineered.com/ | Armed forces community | A fully equipped service and repair workshop designed to provide both a first-class training/working environment and a place that is adapted to accommodate the particular needs of those that suffer from Post-Traumatic Stress Disorder (PTSD). |
| Free courses for jobs | S | Basingstoke College of Technology | https://www.bcot.ac.uk/courses/free-courses-for-jobs/ | Unemployed | Unleash your potential with our range of FREE Level 3 courses! Looking for a career change but worried about the cost? Here's your chance to gain valuable skills to land a rewarding job, completely FREE! |
| Free courses for jobs | S | Brockenhurst College | https://www.brock.ac.uk/adult/professional/online-learning/ | Unemployed | Our online learning options enable you to learn something new and gain an accredited qualification from anywhere in the country, not only Hampshire and Dorset. With Level 2 and 3 courses in Care Services, Mental Health & Wellbeing, Education, or Core Business Skills, you can add valuable evidence of skills and knowledge to your CV. Our Level 2 online courses are all free, and Level 3 courses are free for those eligible for Free Courses for Jobs funding. |
| Free courses for jobs | S | Farnborough College of Technology | https://www.farn-ct.ac.uk/fcot-adult-learners/free-courses-for-adults/ | Unemployed | Don't miss out on a free qualification with us! |
| Free courses for jobs | S | HSDC | https://www.hsdac.ac.uk/study-with-us/online-courses/ | Unemployed | Would you like to continue your education from your home in your own time? Then take a look at our online courses! Online courses are a great way to improve your career prospects, learn new skills and achieve a nationally recognised qualification. You can arrange your study time to fit into your routine, in your own home. You'll have access to a tutor who'll support and mentor you throughout the duration of your course. All courses are fully certified by the awarding bodies and are designed to support your personal and professional development. |
| Get Up and Go | H, S | Havant Borough Council | https://www.getupandgohavant.com/ | Health conditions or disabilities | Free / low cost physical activity opportunities |
| Gloji | H | Thrive Tribe | https://hampshire.gloji.org.uk/ | Health conditions or disabilities | We've teamed up with Hampshire County Council to give you free access to today's best weight loss plans. Pick from Slimming World or gloji. Each programme offers a holistic approach to weight loss, combining nutrition and physical activity with accountability and support. Learn to make healthy lifestyle changes you can keep up for good. |
| Gosport Food Partnership | H | Gosport Borough Council | https://www.gva.org.uk/gosport-food-partnership/ | Health conditions or disabilities | Partners working together to promote healthy, affordable and sustainable food options for all |
| Graduate Support: Life After University | H, S, W | University of Winchester | https://www.winchester.ac.uk/student-life/Careers-Support-and-Advice/Graduate-support---life-after-university/ | Young people | A variety of work, health and skills support for University of Winchester Graduates. |

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| Green Social Prescribing | H, S | Rushmoor Voluntary Services | https://www.rvs.org.uk/blooming-minds/green-social-prescribing-gsp-and-the-benefits/ | Health conditions or disabilities | GSP is the process of using community support in nature-based interventions to improve physical and mental health, and a means of developing communication and thinking skills. The green space also becomes a safe and secure place to develop someone's ability to interact socially, make friends and learn practical skills that will help them to be more independent. |
| Hampshire 24/7 | H, W | NHS Inclusion | https://www.inclusionhants.org/what-we-do/support-for-under-25s/ | Young people | At Hampshire 24/7 we believe that everyone can change their lives for the better, and we work with you by encouraging you to look at not just your drug and alcohol use but the wider health and wellbeing issues, which we can support you with. |
| Hampshire Futures | S, W | Hampshire County Council | https://www.hants.gov.uk/educationandlearning/hampshirefutures | Young people | Provides apprenticeship training and employment support for young people and adults across Hampshire. Offers career guidance, work experience, and skills development. |
| Hampshire IPS Employment Service | H, S, W | Waythrough | https://www.waythrough.org.uk/find-support-near-me/hampshire-ips-employment-service/ | Health conditions or disabilities | We specialise in providing support for people living with or recovering from mental ill health to find paid employment, voluntary work, education and training, or to retain their current employment. |
| Hampshire Learns | S | Hampshire County Council | https://www.hants.gov.uk/educationandlearning/participation-lifelong-learning/adult-tailored-learning | Unemployed | Hampshire County Council offers adult tailored learning courses across the county and online |
| Havant Youth Hub | S, W | Havant Borough Council | hannah.haynes@havant.gov.uk | Young people | Employment, training and education support in partnership with DWP |
| Health & Well-Being Coaching | H, S | Gosport Central Primary Care Network | hiowicb-hsi.handwbcgosport@nhs.net | Health conditions or disabilities | Coaching helps patients to self-manage health conditions eg Pain/stress management, establishing health habits, increase exercise and improve self-confidence |
| Health Adjustment Passport | H, W | Jobcentre Plus | https://www.gov.uk/contact-jobcentre-plus | Health conditions or disabilities | The Health Adjustment Passport can support people with health conditions or disabilities to move into work or stay in a job. |
| Inclusion EB8 | H, S, W | Inclusion College | https://inclusioncollege.org.uk/inclusion-eb8/ | Young people | Inclusion EB8 is a service opened in 2024 from Inclusion Education which offers the next steps towards employment for young people aged 18 and over. The service, part of Inclusion College, will offer young people a tailored programme designed to support them into the workplace. |
| Inclusion Recovery Hampshire | H, W | NHS Inclusion | https://www.inclusionhants.org/ | Health conditions or disabilities | Inclusion provides comprehensive support for people experiencing problems with alcohol and drugs. Our service is free and confidential for anyone living in Hampshire aged 25 and over affected by drugs or alcohol use. |
| Innovation South Virtual Campus | S | Sparsholt College Group | https://em3.isvc.co.uk/ | Young people | ISVC offers you the opportunity to learn a new skill without the need to take a whole qualification using a skills-focused range of short programmes. |
| Introduction to nutrition in children and young people | H, S, W | Hampshire County Council | https://www.hants.gov.uk/educationandlearning/participation-lifelong-learning/adult-tailored-learning | Young people | On this free online tutor-led course you will discover how to encourage healthy food choices, support children with allergies or food sensitivities and find out why some foods are so addictive. The course will include information about the five main nutrient groups, why children's bodies need them and the effects on children's health & wellbeing from a poor diet. You will find out how to adapt your favourite recipes that are healthier and affordable and explore the NHS food scanner app to support healthy food shopping. |
| Introductory courses to vocational sectors | S, W | HSDC | www.hsdac.ac.uk | Unemployed | Free government-funded training |

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| IT Skills | S, W | HSDC | www.hsdc.ac.uk | Unemployed | Free government-funded training |
| Jobs and Skills Training | S, W | Clarion Futures | https://www.myclarionhousing.com/help-and-guidance/jobs-skills-and-training | Unemployed | Free access support, IAG and specific skills training (flexible sector subjects) |
| Jobs Fairs | W | Eastleigh Jobcentre Plus | | Unemployed | Jobs fair for local employers and jobseekers. DWP book in their clients. Advertised widely to public. |
| Jobs Fairs | W | Test Valley Borough Council | jhewson@testvalley.gov.uk | Unemployed | Jobs fair for local employers and jobseekers. DWP book in their clients. Advertised widely to public. Workshops provide 1-1 support on CVs, interview skills etc |
| Karuna Volunteers | H, S, W | Karuna Action | https://www.karunaaction.org/ | Young people | Training volunteers to work in the coffee shop; gaining valuable employability skills |
| Kickstart Work Experience scheme | S, W | East Hampshire District Council | https://www.easthants.gov.uk/grow-up/kickstart | Unemployed | Work experience funded placements for residents and business in EH |
| Learning in Libraries | S | Hampshire County Council | https://shop.hants.gov.uk/collections/learning-in-libraries | Unemployed | Course delivered to enhance knowledge and skills, improve personal growth, explore creative interests or simply broaden horizons. |
| Lifewise Course | S, W | Trinity Winchester | https://trinitywinchester.org.uk/learning-programme-skills-development-and-job-club/ | Homeless | We work with local businesses and volunteers who share their expertise and support people to create and develop a working CV and learn vital interview skills and work-based practices. We offer opportunities to gain a range of qualifications to include food hygiene, health and safety, and construction skills. Once people have found employment our staff coach them through the first few weeks to ensure a smooth re-entry into the workplace. |
| Link Up Youth Hub | W | Havant Borough Council | https://careers.linkupyouthhub.co.uk/ | Young people | Our passion is to connect local people to local jobs, driving growth and activity across the borough. We work with employers to promote live vacancies to the young people accessing our Youth Hub service, putting forward the best. This job matching service provides free recruitment support to local employers, tapping into a ready-made talents pipeline for any sector. |
| Link2 | S, W | Hatch Warren Community Association | https://www.hatchwarren.org/link2 | Young people | Tailored support for adults with learning difficulties throughout the employment journey—offering early guidance, job search assistance, help with applications and interviews, and ongoing support into work. Our open-door approach, trusted relationships, and hands-on support reduce anxiety and build confidence. We assist with transport planning and can accompany individuals to work. With this compassionate, informed approach, we now seek to expand the impact of the Link2Job Hub to reach more people in need. |
| Live Longer Better | H | Hampshire County Council | https://www.hants.gov.uk/socialcareandhealth/publichealth/livelongerbetter | Older people | Campaign on ageing well. Support older residents to maintain independence and take positive steps to improve their health and wellbeing. |
| M3 Job Club | S, W | M3 Job Club | https://m3jobclub.co.uk/ | Unemployed | The M3 Job Club (M3JC) is a community based charity organisation which supports business professionals in the North Hampshire and surrounding areas back into the workplace, following redundancy or other challenges arising from leaving their place of employment. |
| Man v Fat | H | Man v Fat | https://manvfat.com/ | Health conditions or disabilities | Using football to bring people together to lose weight and gain confidence |

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| Mental Health Services | H, S, W | The You Trust | https://theyoutrust.org.uk/ | Health conditions or disabilities | We'll work together with you in the community, building on your skills and resilience. Our recovery partners plan your support based on what's important to you. They'll work together with all people involved in your support to help you to achieve your goals. We provide guidance to help you continue your recovery so you can move on to greater independence. We want you to live the meaningful life that you choose whilst managing your mental health. |
| Mental Health Services for the homeless | H, S, W | Two Saints | https://www.twosaints.org.uk/project/mental-health-services/ | Health conditions or disabilities | The mental health services we provide vary from crisis support drop-in centres to supported accommodation which is tailored the needs of the client. |
| Mental Health Well-being Advisor | H, S | Gosport Central Primary Care Network | | Health conditions or disabilities | Up to 6 121 sessions to upskill patients to manage their mental health condition |
| Mental Health, Anger Management & Addiction Support (GASP) | H | The Vine Centre | https://www.thevinecentre.org.uk/local-mental-health-support | Health conditions or disabilities | Providing local mental health support to adults living in Aldershot is a huge aspect of our work at The Vine Centre, with over 80% of those accessing our services reporting that they struggle with their mental health. We offer our support to anyone who is not currently under the community mental health team or working with another organisation. We can support those with addiction, anger, or learning difficulties alongside mental health needs. |
| Mental Wellbeing Hampshire | H, S | Hampshire County Council | https://www.hants.gov.uk/socialcareandhealth/publichealth/mentalwellbeinghamphshire | Health conditions or disabilities | Mental Wellbeing Hampshire is a partnership of organisations working to support good mental health and wellbeing in our communities. |
| MyCareers | S | South Hampshire Colleges Group | https://mycareers.uk/ | Unemployed | Online learning hub designed to help our region's future talent explore career pathways and develop essential skills. The platform offers free micro 'intro to' courses that highlight priority sectors across the Solent region. Each course includes: <ul style="list-style-type: none"> • Industry-endorsed content • A skills quiz to match you with career options • A quiz that earns you a free digital badge upon completion. |
| Neurodiverse (Wellbeing for Work) | H, S, W | HSDC | www.hsdc.ac.uk | Health conditions or disabilities | Free government-funded training |
| Neurodiversity Job Club | H, S, W | Equal Potential | https://www.equalpotential.co.uk/employability-programme | Health conditions or disabilities | A specialist job club within the local job centre, supporting neurodivergent young adults who were long-term unemployed. |
| New Directions | S, W | WSX Enterprise | https://www.joinnewdirections.org/ | Women | Build a better future by joining our New Directions project with FREE 1:1 employability support and advice, self-employment guidance, workshops to improve your employability and life skills. |
| New Directions Employment Outreach Project | S, W | Fedcap | https://fedcap.org.uk/employment/services/new-directions/ | Older people | A personalised programme to get residents back into employment |
| NHS Health Checks | H | Gosport Primary Care Network | https://hiowhealthcare.nhs.uk/our-services/a-z-list-of-services/The-Willow-Group | Older people | Free health check designed to help spot early signs of stroke, kidney disease, heart disease, type 2 diabetes and dementia |
| No Limits IPS | H, S, W | No Limits | https://nolimitshelp.org.uk/ | Health conditions or disabilities | Free, caseholding 1-2-1 support. Young people will be receiving therapeutic support from No Limits for their mental health and wellbeing. IPS will provide ongoing, individualised support to both the young person and their employer, ensuring the young person maintains stable employment during challenging times. |

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Annex 5 – Work, health and skills support across Hampshire

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| No Limits Work Club | W | No Limits | https://nolimitshelp.org.uk/ | Young people | Work Club is a space for you to get help wherever you're at, from finding college courses and exploring career ideas, to applying for places and vacancies all the way through to the interview and beyond. |
| Online ESOL courses | S | Hampshire County Council | https://www.hants.gov.uk/educationandlearning/participation-lifelong-learning/adult-tailored-learning | Foreign language speakers | Hampshire Achieves offers a selection of English, employability and progression courses for Speakers of Other Languages (ESOL). We offer various levels, from beginners to advanced, to help you improve your English language skills to support your children's learning, gain work, advance your career or prepare you for further academic or vocational study in the UK. |
| Peer Support | H, S | NHS Hampshire and Isle of Wight Integrated Care Board | | Health conditions or disabilities | Peer support is the practice of using individuals with lived experience of physical or mental ill health to support others. We have been working to expand our peer support across the organisation. |
| Personal Wellbeing Commissioned Rehabilitative Service | H | Catch22 | https://www.catch-22.org.uk/find-services/personal-wellbeing/ | Prisoners and ex-offenders | Working with men aged 18+ who are subject to probation supervision following a prison sentence, to support effective community integration and well-being. |
| Physical Activity | H | Thrive Tribe | https://www.thrivetribe.org.uk/ | Unemployed | Encouraging inactive residents to become more active |
| Pioneer & Work & Health Programme | H, S, W | Seetec Pluss | https://www.seetecpluss.co.uk/programme/work-and-health-programme/ | Unemployed | Whatever support you need to progress in your career, home or community, we can offer free help and guidance. From job searching and apprenticeships to housing support, wellbeing and training, we're with you every step of the way. |
| Prison Work Coaches | W | Jobcentre Plus | https://www.gov.uk/contact-jobcentre-plus | Prisoners and ex-offenders | Specialist role supporting people leaving prison and helps to reduce re-offending. |
| Professional Development training | S | Artswork | https://artswork.org.uk/professional-development | Unemployed | We provide specialised training on topics such as safeguarding, project management, creative wellbeing, youth leadership and much more. |
| re:work (IPS) Drug and Alcohol | W | Portsmouth City Council | https://www.portsmouth.gov.uk/services/business/employment-learning-and-skills/rework-ips-employment-support-for-people-recovering-from-addiction/ | Health conditions or disabilities | re:work is a free Portsmouth City Council service which supports people who are in recovery from drug and alcohol addiction to find employment. The service works across Portsmouth and the south Solent region. |
| RECONNECT | H, S, W | NHS Berkshire Healthcare | https://www.berkshirehealthcare.nhs.uk/our-services/mental-health-and-wellbeing/liaison-and-diversion-service/reconnect/ | Prisoners and ex-offenders | We can help you access local community-based health and social care support as you leave prison. This can include: <ul style="list-style-type: none"> • Access to health and wellbeing services • Drug, alcohol or addiction support • Employment or education • Financial assistance, including benefit services • Signposting to housing or accommodation services |
| Recovery College | H | Hampshire and Isle of Wight Healthcare NHS Foundation Trust | https://hiowhealthcare.nhs.uk/our-services/a-z-list-of-services/recovery | Health conditions or disabilities | Provides high-quality health education across the whole of Hampshire and the Isle of Wight, supporting people to recover and live well with both physical and mental health conditions. |

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| Refugee Employability Programme | S, W | Palladium | https://thepalladiumgroup.com/news/Impact-by-The-Numbers-The-Refugee-Employability-Programme-in-Southeast-England | Foreign language speakers | Preparing refugees for work and life in England Get individual support and a learning plan from your own case worker. We help you improve your English and career skills. |
| Reset | H, S, W | The Society of St James | https://ssj.org.uk/reset/ | Young people | Offers voluntary support to 18 to 25 year olds year olds who have been arrested. It promotes a whole system, public health approach to reducing crime by minimising vulnerability and building protective factors. |
| Restart Scheme | H, W | Fedcap | https://fedcap.org.uk/offices/basingstoke/ | Unemployed | Providing enhanced and tailored support to help individuals get back into work |
| Rushmoor Works | H, S, W | Rushmoor Borough Council | https://www.seedl.com/o/rushmoor-health | Unemployed | Online live learning platform |
| Safe New Futures (Adults) | H, S, W | Safe New Futures | https://www.safe.org.uk/ | Unemployed | Our free online programmes are designed to help you overcome obstacles, improve your mental health, and open doors to new opportunities in employment, education or training. Whether you're just starting out or looking to change directions, we're here to support your journey towards a fulfilling future. |
| Safe New Futures (Youth) | H, S, W | Safe New Futures | https://www.safe.org.uk/ | Young people | Our free online programmes are designed to help you overcome obstacles, improve your mental health, and open doors to new opportunities in employment, education or training. Whether you're just starting out or looking to change directions, we're here to support your journey towards a fulfilling future. |
| School Advisors | S | Jobcentre Plus | https://www.gov.uk/contact-jobcentre-plus | Young people | Assists schools in England to provide high quality independent and impartial careers advice to pupils aged 11-18. |
| Sector-based Work Academy Programmes (SWAPs) | S, W | HSDC | https://find-employer-schemes.education.gov.uk/schemes/sector-based-work-academy-programme-swap | Unemployed | Free government-funded training |
| SEEDL | H, S, W | Basingstoke and Deane Borough Council | https://www.seedl.com/o/basingstoke | Unemployed | Online live learning platform |
| SEND Independence Hub: Alton | H, S, W | HSDC | https://fish.hants.gov.uk/kb5/hampshire/directory/service_page?id=95AuTVlfKk0&familychannel=0 | Young people | HSDC is committed to delivering a variety of holistic inclusive study programmes to young people with a wide range of SEND needs. Our new Independent Living Hub will provide a 5 day a week provision designed around the 4 Preparing for Adulthood outcomes to help young people develop the skills identified in their EHCPs and empower them to achieve their independent living and learning goals. |
| SEND Independence Hub: Andover | H, S, W | Sparsholt College Group | https://www.andover.ac.uk/foundation-learning/ | Young people | Delivers a bespoke curriculum for learners reflecting the four principles of preparing for adulthood (employment, independent living, community engagement and health), and offers a safe physical space situated within the college campus that is individual and has its own identity and facilities to meet learners' needs. |
| SEND Independence Hub: Brockenhurst | H, S, W | Brockenhurst College | https://www.brock.ac.uk/sixth-form/independence-hub/ | Young people | Our Independence Hub facilitates high-quality, accessible and effective learning inside Hampshire's Further Education network. This is to support Moderate Learning Difficulties (MLD) and young people with complex needs to develop the independent living skills they need to participate and thrive, both at college and in the wider community. |
| Serious Mental Illness | H | NHS Hampshire and Isle of Wight | | Health conditions or disabilities | As a MH provider we recognise the importance of employment in mental wellbeing and recovery. As part of the Mental health data set we capture as an outcome the number of users that are in employment and seek to support people into work by connecting them with further support where relevant. We have IPS (Individual Placement and Support) |

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| | | Integrated Care Board | | | services integrated into secondary mental health services across HIOW. Further expansion of IPS across HIOW will begin in July 2025, including the Southampton team exploring integration into the Enhanced Mental Health Primary Care Team. |
| Skills 4 Work | S, W | SNG | elliott.buttle@sng.org.uk | Unemployed | Coaching, mentoring and 1-1 employment support for all residents of Basingstoke and Deane, regardless of their social landlord or tenancy type, utilising blended delivery from an Employment and Skills Coach to maximise access to employment opportunities and long-term job sustainment. This package would include tailored employability support and training to develop confidence, mindset, job-search, CV and interview skills, vocational pathway programmes, work focused placements, qualifications and training in addition to self-employment, business start-up support and in work support for up to 12 months of securing a job. Alongside this robust provision we will also support with building confidence in digital skills including provision of equipment, connectivity and digital confidence building and being confident online. |
| Skills and health for life | S, W | Hampshire County Council | https://www.hants.gov.uk/socialcareandhealth/publichealth/yourfutureyourhealth/skillsandhealthforlife | Health conditions or disabilities | Free course to boost work and life skills, money skills, health and wellbeing, confidence |
| Skills Bootcamps (Wave 6) | S | Basingstoke College of Technology | https://www.bcot.ac.uk/skills-bootcamps/ | Unemployed | Skills Bootcamps are designed to get you upskilled quickly. These free* government-funded short courses equip you with the in-demand skills employers are seeking, whether you are looking for employment or to progress within a current role. Guaranteed interviews with a local employer for all unemployed learners and those looking to career change. |
| Skills Bootcamps (Wave 6) | S, W | Hampshire County Council | https://www.hants.gov.uk/business/skillsbootcamp | Unemployed | Free, government-funded training programmes for adults aged 19+ to gain sector-specific skills and guaranteed job interviews. |
| Skills Bootcamps (Wave 6) | S, W | Portsmouth City Council | https://solentgrowthpartnership.co.uk/our-services/business-and-skills-support/skills-bootcamps/ | Unemployed | Free, government-funded training programmes for adults aged 19+ to gain sector-specific skills and guaranteed job interviews. |
| Skills Bootcamps (Wave 6) | S, W | Portsmouth City Council | https://www.hsdac.ac.uk/skills-bootcamp-in-software-development/ | Unemployed | Free government-funded training |
| Skills Bootcamps (Wave 6) | S, W | Hampshire County Council | https://www.hants.gov.uk/business/skillsbootcamp | Unemployed | Free, government-funded training programmes for adults aged 19+ to gain sector-specific skills and guaranteed job interviews. |
| Skills for Life | S | Trinity Winchester | https://trinitywinchester.org.uk/learning-programme-skills-development-and-job-club/ | Homeless | We run a tenancy management and budgeting course aimed at helping people from all walks of life manage home finances as well as budgeting for groceries, bills, and extra's. |
| Skills for Life - Students with educational needs | S, W | Totton College | https://www.totton.ac.uk/life-at-totton-college/skills-for-life/ | Young people | Our Skills for Life team supports our students throughout their academic journey, preparing them for adulthood, with a focus on employment and independent living skills. |
| Sleep Clinic | H, S | Gosport Central Primary Care Network | | Health conditions or disabilities | 60 minute Workshop |
| Smokefree Hampshire | H | Thrive Tribe | https://smokefreehampshire.co.uk/ | Health conditions or disabilities | Our free quit smoking service offers 12 weeks of support with a specialist stop smoking adviser as well as free nicotine replacement products. We understand that different types of support work for different people and we're here to help you. |

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| Social Prescribing | H, S | Gosport Central Primary Care Network | hiowicb-hsi.socprescgoosport@nhs.net | Health conditions or disabilities | Social prescribing is designed to support people with a wide range of social, emotional, or practical needs, addressing social determinants impacting on wellbeing. A social prescriber will spend time understanding challenges people face and help with a plan to improve health & wellbeing, support people to join groups and activities, or find services that can help. |
| Specialist Community Forensic Service | H | Hampshire and Isle of Wight Healthcare NHS Foundation Trust | https://hiowhealthcare.nhs.uk/our-services/a-z-list-of-services/specialist-community-forensic-service | Prisoners and ex-offenders | The Specialist Community Forensic Service operates across Hampshire and the Isle of Wight and aims to reduce patients' length of stay in forensic units. |
| Staff Support | H, S | NHS Hampshire and Isle of Wight Integrated Care Board | | Health conditions or disabilities | We have a number of staff support and well-being offers in place, including EDNA, freedom to speak up, Occupational health support, Personal and professional wellbeing support offers etc. Staff can easily access these via the intranet. |
| Supported Employment | H, S, W | Enham | https://www.enhamtrust.org.uk/supporte-d-employment | Health conditions or disabilities | At Enham Trust we can offer you employment with a supported placement at Enham Trust or with local employers. Our advisors work with you on a one-to-one basis over 12 months to harness your skills and develop a tailored approach to help you gain longer term employment at the end of the placement. |
| Supported Internships | H, S, W | Andover College | https://www.andover.ac.uk/supported-internship/ | Young people | The supported internship is a course for students with an Education Health Care Plan (EHCP) who have completed their chosen course at college and would like support with preparing for moving onto employment and further independence. |
| Supported Internships | H, S, W | Hampshire County Council | https://www.hants.gov.uk/educationandlearning/participation-lifelong-learning/hampshire-achieves-ypl/supported-internship-young-people | Young people | The Supported Internship programme will give young people the experience of working and support them to develop their employability skills so that the move into employment is not as daunting. |
| Supporting the military community | S | Andover College | https://www.andover.ac.uk/information/homepage/support-military-community/ | Armed forces community | Andover College are proud to support the military community. As a college, we support and recognise the benefits the military community bring to the college and we aim to do all we can to support these staff and students. We have many staff and students that come from or have strong links with the community and we do all we can to establish and build on these links. |
| Surrey and North East Hants Employment Service | H, S, W | Waythrough | https://rfsurreyandnehantses.org.uk/ | Young people | Waythrough Surrey and NE Hants Employment Services offer one-to-one support to people living with mental ill-health and other chronic health conditions who are seeking work or need assistance to manage their health in work. |
| Ukrainian support | H, S, W | Hampshire County Council | https://www.hants.gov.uk/community/ukraine | Foreign language speakers | Objective is to help individuals secure meaningful employment or progress from underemployment, enabling them to transition towards independent living beyond funded host accommodation and allow them to actively contribute to and strengthen the wider economy. |
| Vulnerable Customer Leads | H, W | Jobcentre Plus | https://www.gov.uk/contact-jobcentre-plus | Unemployed | Offer of specialist advisors in all Jobcentres dedicated to helping vulnerable customers. |

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| Ways Into Work | W | Ways Into Work | https://www.waysintowork.com/ | Health conditions or disabilities | Delivers a Supported Employment Service working with individuals with a disability to access paid employment. Engaging with the business community to match the skills of individuals to their business needs. |
| Well being for Work | H, S, W | HSDC | www.hsdac.ac.uk | Health conditions or disabilities | Free government-funded training |
| Wellbeing | H | Community First | https://www.cfirsr.org.uk/wellbeing/ | Health conditions or disabilities | We're proud to be championing your community, strengthening peoples' well-being and general wellness through our dedicated services and support. This is achieved through connecting with individuals in the community; encouraging volunteers to be more involved in activities available in the local area and enhancing skills and proficiency of people and groups. |
| Wellbeing Centres | H | Mind | https://www.connecttosupporthampshire.org.uk/mentalhealth | Health conditions or disabilities | Mind runs wellbeing centres in Hampshire's towns and cities to provide short-term, outcome-focused support to individuals with mental health problems. They are friendly and welcoming places with an informal atmosphere. The centres provide workshops, courses and other support on many mental health issues. |
| Wellbeing walks | H, S | Havant Borough Council | https://www.getupandgohavant.com/wellbeing-walks | Health conditions or disabilities | FREE led walks - training for volunteers |
| Whole System Approach to a Healthy Weight | H | Hampshire County Council | | Health conditions or disabilities | Working together to tackle unhealthy weights |
| Willow Welly & Well-Being Gardent Group | H, W | Gosport Central Primary Care Network | | Health conditions or disabilities | 6 week programme held in our well-being garden - programme includes growing/cooking, health eating and physical activity advice - aim to improve mental health and well-being and improve self-management of health condition |
| Women's Services | H, W | Trinity Winchester | https://trinitywinchester.org.uk/women/ | Women | We have a specialist woman only service based at Trinity to support women who are experiencing an area of vulnerability. Led by a team of qualified and experienced counsellors, support staff and learning tutors on hand to help women address the effects of trauma, domestic abuse, loneliness, and unemployment alongside any other issues they may be facing. |
| Work and Health Programme | H, S, W | Maximus | https://whp.maximusuk.co.uk/seetec | Unemployed | Our Work and Health Programme is designed to give you the right support to achieve your true employment potential. We will help you identify your strengths and find the right job. Don't worry if you don't feel ready for work when we first meet. Our job is to help you to get ready in a way that works for you. |
| Work Coaches | H, W | Jobcentre Plus | https://www.gov.uk/contact-jobcentre-plus | Health conditions or disabilities | Work Coach support provides people with health conditions or disabilities with increased one-to-one personalised support from their work coach to help them move towards, and into, work. |
| Work Ready Programme | S, W | ECITB | https://www.ecitb.org.uk/career-pathways/work-ready/ | Unemployed | Work Ready is a life-changing programme offering learners the opportunity to gain recognised industry skills and accredited qualifications as well as helping them secure employment. |
| Work Wise | H, S, W | Get Set | https://www.getsetuk.co.uk/work-wise/ | Young people | Employment service available to any person with mental or physical health condition, disability or neurodivergence who wants to work. |
| Working in Childcare and schools | S, W | Hampshire County Council | https://www.hants.gov.uk/educationandlearning/participation-lifelong-learning/adult-tailored-learning | Unemployed | This popular, online sector-based employability programme will help you to apply for one of the thousands of jobs in the childcare sector. You will find out about the skills, values and attitudes required to work with children and young people, build your confidence for interviews, and learn how to target your CV and cover letter to this rewarding sector. |

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| | | | | | Your tutor will support you with your progression plan and on successful completion, you may be offered either work experience in a Hampshire early-years setting, or a Hampshire skills bootcamp. |
| WorkWell (Frimley) | H, W | Frimley ICB | https://www.rvs.org.uk/workwell/ | Health conditions or disabilities | WorkWell is a joint initiative from the Department of Work and Pensions and the Department of Health and Social Care with the vision of a healthier and more productive nation. The aim of WorkWell is to provide a free, one-to-one work and health support service, helping people with health issues and/or disabilities to get back to work or remain in work by connecting them to local support providers. |
| Yateley Industries for the Disabled | H, S, W | Yateley Industries for the Disabled | https://www.yateleyindustries.org/ | Health conditions or disabilities | We are a registered charity providing skills training, employment and accommodation for adults with disabilities. |
| Youth Employability Coaches | H, W | Jobcentre Plus | https://www.gov.uk/contact-jobcentre-plus | Young people | Offer of specialist support for young claimants with multiple barriers to work and complex needs to develop the skills to look for, obtain and keep employment. |
| Youth Futures | H, S, W | Motiv8 | https://motiv8.org.uk/services-we-provide/ | Young people | We know that when you believe in young people, give them role models, meaningfully listen, and offer experiences that inspire, they can thrive. By understanding the barriers they may have faced and building an achievable alternative pathway, our Futures Programme offers hope to young people who may otherwise slip through. |

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