



THE BASIS FOR THE SERVICE

Being employed is extensively evidenced to be of huge benefit to physical and mental health and is furthermore a good indicator of how someone is coping and adjusting. Conversely, being out of work is extensively evidenced to be a huge risk to physical and mental health. (MASCIP 2017)



COURSES & EVENTS

Our **Skills for work course** is an online course that focuses on upskilling service users with CV writing skills, understanding how to disclose disability and preparing them for interviewing as well as building confidence and learning from people with lived experience.

Our **careers fair** is an in-person event with bookable one-to-one CV, HR and recruitment advice sessions or mock interviews intertwined with panel discussions, including volunteering, disability advocacy and requesting reasonable adjustments, how to positively position your disability, and equality and diversity for a new era.

ONLINE AND TELEPHONE SUPPORT

The Employment Toolkit

This is an online web resource that has 9 videos of people with lived experience of working with a SCI; answering questions that service users have when beginning to think about returning to employment, with further information and links alongside these videos.

Telephone Support

One-to-one advice and support, helping individuals with their employment/vocation ambitions.

back up Vocation Service

We understand that returning to work after spinal cord injury can sometimes feel daunting.

To ensure you're fully supported, we provide a range of different services aimed at helping you navigate your next move.

'Thank you so much for the wonderful three days we've just had. The course has really opened my eyes and helped me into a very positive mindset.'



'The course exceeded my expectations. When I was matched with a recruiter who specialised in manufacturing, I thought this was just too good to be true.'



MEASURING OUTCOMES



In the year 2022/23, **24** people attended a Skills for Work course or careers event with Back Up's vocation service.

79% of those reported being in work or volunteering 6-12 months after the course.

92% reported increases in at least 3 of 5 outcome measures looking at confidence, positivity and achieving personal goals in relation to their vocational aims.

Scan the QR code to find out more about Back Up and register for the service



Visit our website www.backuptrust.org.uk. Email: info@backuptrust.org.uk

*Outcome measures are requested from participants in Back Up's vocation service between 6-12 months after their engagement in either a course or careers fair event. They are requested in telephone interviews, and participants are also asked to self assess how manageable life is with their spinal cord injury, how positive they feel about finding a purpose or meaningful activity, how confident they feel about their plan to gain employment and how confident they feel in achieving it. Participants are also asked to identify a personal goal prior to engagement and are asked again to self assess whether or not they have, or believe they will achieve it as a result of the support provided. Full information about the service and its evaluation methodology are available upon request.