



## **Science of the Mind**

*Talking about Blackthorn: Workways co-ordinator*

### **Narrator**

Chris Broderick offers support to co-workers at Blackthorn Garden.

### **Chris Broderick**

Myself and my colleague, Julie Chalmer-Stephens, we work in the Workways section at Blackthorn, and our job primarily is to support people back into work, so we would receive potential co-workers from the mental health teams. They would have had at that point a vocational assessment and we would carry on along those lines, we have them, we show them round, discuss what we do and, in our section here we would work with them on CVs, give them mock interviews, general confidence building, we would help them eventually for searching for work, we'd work out a plan for them and have some, some targets, there's no time limit, but they can stay a year or two if that's needed, but people can get a bit stuck here, and a bit comfortable, which we don't like so we, we constantly try and give them short term targets, and we might look for voluntary work at first, or part time work, and we would help them with the job searching and we can support them when they're in work, usually for up to six months, and be an advocate if there's any problem at work.

Some people we might assess would be ready for work after a couple of months but for others they need a, a longer period, so it's down to the individual and we would certainly we'd give them three months to settle down as a rule, then we'd have the first review, and we'd reassess the targets. Some people come here and want a complete lifestyle change because they've had stressful jobs, and that's what may have caused the problem, so they'd be looking for something a bit more meaningful perhaps, not so worried about money, they might want to retrain for something so we would try and set time periods. Sometimes it might be matters of confidence here, we may give them a target, and set a three month target to address the public and sell plants in the greenhouse. If they at first shied away from that we might try and steer people towards working in the café, which is good social interaction, and you know this is meant to be a bit like real life, we treat it as a job and they come and work here. We rely on them, they understand that we rely on them, we're strict about timekeeping, and you really do see it making a difference.