

Employment

GREEN TRACKS

Employment is often an early casualty when people are affected by mental ill-health. This is a problem for employees and employers alike. Many days are lost due to related sickness absence in the UK every year and many people affected by it lose their jobs.

Without proper help, this can quickly become a vicious circle – confidence and self-esteem, affected by such ill-health, made worse by a sense of failure and by financial strains, making it even harder to keep a job or to find a new one.

MHA can help – recovery is possible!

There are several strands to this help. Counselling has been proven to help many people to avoid or to minimise sickness absence and to help them to continue in their jobs. Day services, described elsewhere in this Annual Report, help many to rebuild the self-esteem and confidence needed to cope with finding and keeping new work.

MHA goes a step further – creating genuine paid jobs, plus opportunities for training, work experience and volunteering, for people affected by mental ill-health.

Green Tracks is a social firm developed by MHA for this purpose – securing work in the public and private sectors in areas such as garden maintenance, landscaping, conservation projects and “care and repair” tasks.

The discipline of working to deadlines, within budgets and to quality standards – with staff support and training – has proved effective in rebuilding confidence and developing skills, enabling people to move on to mainstream employment and to further study. Environmental improvements and a real commitment to recycling, add to Green Tracks’ merits. We are now actively seeking additional commercial contracts.

These approaches all follow MHA’s philosophy - ‘**that recovery is possible!**’

Polite, professional, approachable and flexible to our needs. Prices were just right and we would definitely use Green Tracks again. (Northfield Academy)

At last – I feel that working here is a positive turning point in my mental health situation and I am now much more confident about the future. Thank - you!

... therefore my time spent with Greentracks is now at an end and I have finally become the person I once was!

