

A photograph showing two individuals from the waist down, wearing white shirts and blue and white striped aprons. They are standing at a light-colored wooden table, working with dough. The person on the left has their hands on a ball of dough, while the person on the right is stretching another piece of dough. In the background, there are some white bowls and a yellow cloth.

Any further questions or to make a  
referral, please contact:

**SERVICES MANAGER:**

020 8985 3570 or  
[services@centreforbetterhealth.org.uk](mailto:services@centreforbetterhealth.org.uk)

or to arrange a visit, please contact:

**TRAINEE COORDINATOR:**

020 7254 9103



Supporting wellbeing and  
recovery from mental ill-health

**TRAINEE PLACEMENTS IN THE CENTRE  
FOR BETTER HEALTH'S SOCIAL ENTERPRISE  
BETTER HEALTH PRODUCTS LTD**

Developing new skills, building confidence, self-belief and ambition

## Mental Health and Unemployment

We have developed trainee placements in three social enterprises for people recovering from mental ill-health. These placements aim to move people towards employment and are therapeutic and supportive in nature. Employment is paramount in social inclusion; enabling the development of valued social roles, and contributing to increased self-confidence and self-esteem, developing a positive identity and supporting recovery.

The exclusion from the workforce not only creates material deprivation but also erodes self-confidence and can create isolation. These placements are part funded through personal budgets and direct payments, and are offered for three months. The placements have a person-centred focus and are designed to build up soft skills such as routine, motivation and socialization and can be seen as an initial step for people to engage in activities.

We limit the number of trainees we take on and ask for a commitment of one day per week, so that they have 1:2:1 support from staff and volunteers. At the end of the placement we work with trainees and look at next steps in training, volunteer roles or employment.

## Trainee placements in the Better Health Bakery

The Better Health Bakery produces good quality, handmade bread for the local community including cafés and restaurants. Baking artisan bread is both a labour intensive and therapeutic process. This is a craft and skill that trainees will learn and hone. It is also both rewarding and gives a sense of achievement.

There are practical and technical skills developed, leading to possible employment routes in baking and catering. This may also lead to other training opportunities for the trainee after their placement ends. The bakery is a busy, supportive and dynamic environment with a team ethos.

"Keeping busy is good therapy"



## Trainee placements in Better Health Products Ltd

Better Health Products Ltd is a leading provider of polyurethane products to the healthcare industry. These products include bedding protection, vacuum casting bags and wheelchair protection.

This area offers technical skills to be developed through training in the manufacturing of polyurethane products. Most of the training will be on the job including the processing of orders, manufacturing, dispatching and stock control. Theoretical training will also include quality standards and health and safety.

The environment is quieter than the bakery and focused more on individual working (with supervision).



## Trainee placements in Better Health Bikes

Better Health Bikes services and recycles bicycles for sale. Each recycled bicycle is stripped down and reassembled, replacing worn components to produce a quality bicycle for its new owner to enjoy. Working on bicycles is physical, therapeutic and rewarding, which can lead to a strong sense of achievement once the basic skills have been covered.

As part of the placement practical, theoretical and technical skills are developed, leading to possible employment routes in the cycle industry. This may also lead to further training for the trainee after the placement comes to an end.

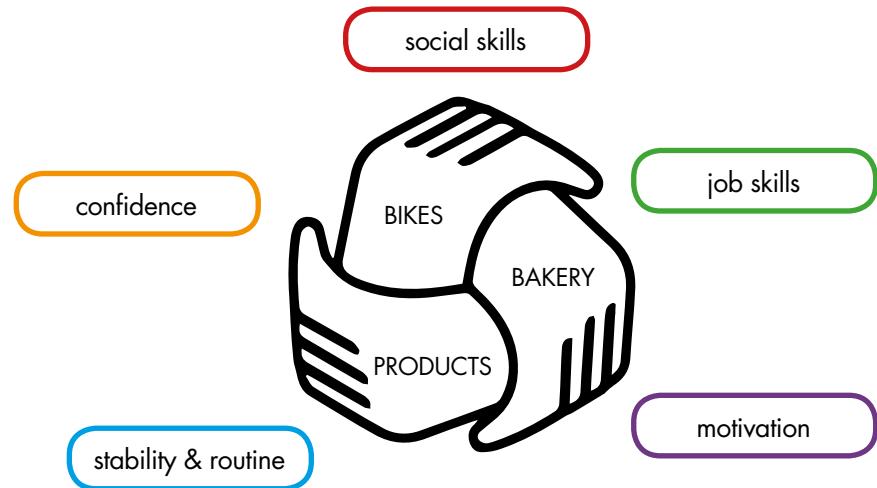
The bike workshop is a busy, dynamic and supportive environment working as part of a small team.



"It was all about being around people that I can relate to"

## Benefits of a placement at Better Health Products

For each placement as part of the application process, we ask the trainee to identify what they want to get out of the placement from the following options:



## Job skills and learning skills in specific business areas

Better Health Products offers the chance to develop job specific skills in bike maintenance, artisan bread making and the production of polyurethane products.

## Improve confidence

A lack of confidence is a major barrier to both learning and employability. We find that engaging in the social enterprise often builds confidence as trainees feel a sense of pride in improving their skills. We also build on developing confidence through regular reflections and an individual learning and action plan to review progress towards goals.

"This place gives you a focus; you are working with your hands, you concentrate and you kind of know, you are all right"

## Increasing stability/ developing a routine

Across each of the social enterprises there is an established working routine, which allows each individual to feel part of a project, take on different roles, have supportive working relationships and feel a sense of achievement in completing tasks. This is crucial to increasing stability and developing a routine that enables individuals to flourish and move towards more intensive training and work.

## Motivation

Motivation is essential to finding and sustaining employment. From the start we find out trainees interests, passions and where they want to progress to. The Trainee Coordinator then tailors ongoing support based on their objectives, achievements and progress. We work collaboratively together to manage timekeeping and attendance, keeping in touch with how the trainee is experiencing their placement.

## Transferable Social skills, communication and teamwork

Social skills can be difficult to teach in a classroom and are better suited to being developed through experience. Working as part of a team, taking on responsibilities, motivating and supporting each other for group success is an important part of all the business areas, projects and the running of Better Health Products Ltd.

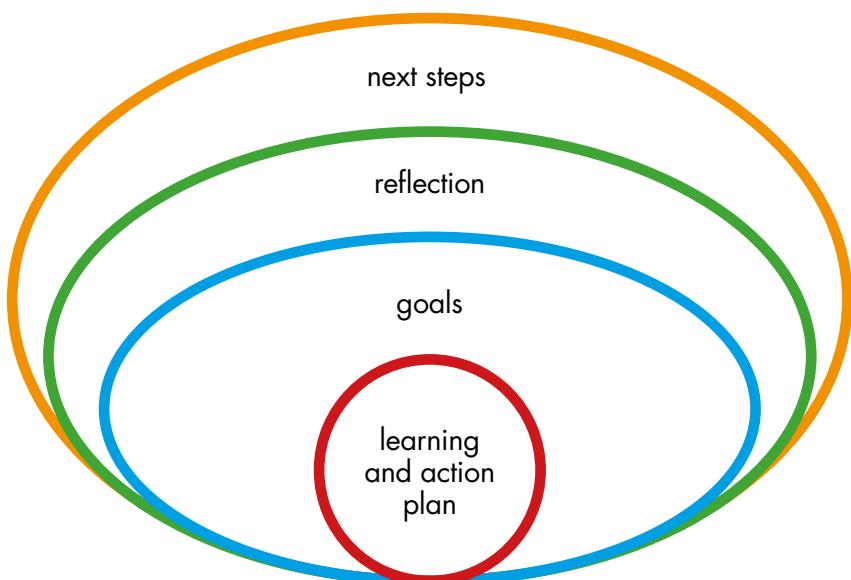
Individuals learn interpersonal skills such as communication, teamwork and leadership, they learn from each other, and work as a team to solve problems. New starters are integrated straight away in an area of business or project with a defined job role. We encourage a supportive culture through peer support and regular reflection.

"Picking up a new skill which hopefully will benefit me in the future"

## How we work with individuals on a placement

Placements are offered for a minimum of one day per week and would be for the same day each week.

At the beginning of the placement trainees create an individual **learning and action plan** by identifying three specific **goals** for the placement and then we periodically look at progress towards these **goals** as part of a self-assessment process. The baker, bike mechanic or polyurethane coordinator's observations also feed into the placement **reflection**. Positive and negative experiences, challenges and triumphs are all shared. At the end of the placement we provide a reference and certificate as well as looking ahead to next steps for the trainee. We work individually with each trainee to ensure they find the right **next steps**, be that work experience, further training, volunteering or paid work.



"It's an amazing opportunity... People here are lovely, it's a very nice environment to work in"

## What we're looking for in potential Trainees

- Demonstrate enthusiasm and willingness to engage in activities
- Reasonable level of physical health to undertake manual work
- Commitment to attend at least 1 day per week for a shift that runs from 10am till 5pm
- Ability to follow instructions and reasonable level of spoken English language
- For Better Health Bakery only: Able to maintain good personal hygiene in line with food standards

## Application for a placement

We offer placements specifically to people recovering from mental ill-health. Individuals wishing to pursue a placement are required to provide their own funding. This is usually through Personal Budgets or Direct Payments\*.

If an individual wishes to apply and funding can be agreed then the application process consists of:

- An application form to be completed by the referring body, including a risk assessment
- Submission of a current CPA or current social work report if available

As well as the required documentation, the care coordinator or support worker supporting the application needs to ensure funding for attendance has been secured.

The next stage is arranging an informal interview for the potential trainee.

\* for individuals without access to direct payments or a personal budget, please contact us for information about alternative options.

"I developed better concentration and could focus on taking instructions"