

Where is Aim4Work being delivered?

South London

 in Croydon, Bromley

 in Kingston, Merton, Richmond, Sutton

 in Bexley

North and East London

 in the City, Hackney and Waltham Forest in Hackney and Waltham Forest

 in Tower Hamlets

 in Hackney, Enfield, Haringey, Redbridge, Greenwich, Havering, Newham, Barking & Dagenham

To join Aim4Work

Contact Holly or David on
0800 389 0177

Email them at
aim4work@shaw-trust.org.uk

Visit
**www.shaw-trust.org.uk/
aim4work**



Shaw Trust is a charity helping to transform the lives of one million people each year. Our specialist services help people gain education, enter work, develop their career, improve their wellbeing or rebuild their lives.

Please call: **0800 389 0177** or email:
studio@shaw-trust.org.uk to receive this information in a different format.



Shaw Trust Registered Charity No. England and Wales: 287785, Scotland: SC03985

Are you anxious, stressed or depressed, and out of work?

Then our **FREE** employment service could help you.



**Aim
4Work**



What is Aim4Work

Aim4Work is a specialist employment programme for people living with anxiety, stress or depression.

We can help you get back into work, doing a job you want to do.

So, if you are:

- Feeling anxious, stressed or depressed
- Not in work, but want to be
- Living in London
- Over 25 years old
- Not accessing any government employment services, such as the Work and Health Programme

Then you can join Aim4Work.

Simply pick up the phone and call **Holly** or **David** on **0800 389 0177**

Email them at **aim4work@shaw-trust.org.uk**

Or visit **www.shaw-trust.org.uk/aim4work**

Please note: Aim4Work is a free service that will not impact on any government benefits you currently receive.

How Aim4Work works

Once you join Aim4Work you will meet with one of our highly trained Aim4Work employment advisers who will:

Get to know you



Work with you to make a plan

Introduce you to interested employers



Provide you with in-work support

Be there with you every step of the way



With the right amount of practical and emotional support we can help you get back to work.

How we help you

We will work with you to:



Find out what you want to do



Write or update your CV



Prepare for interviews



Build your confidence



Support your wellbeing



Search for a job