

Creating brighter futures.

Possible impact on you



Family and personal responsibilities

There are a number of reasons why this may affect your career e.g. you are the main carer, have difficulty coping with family and work, or you don't have the support of your family.



Housing

If you have problems with housing it can dominate your life to the exclusion of everything else. It can also impact your physical or mental health, finances, and relationships.

There are 7 Key Life Areas that are vital for your health and wellbeing, your emotional strength and resilience, and making you feel good. You and your Support Manager will explore each of these 7 areas in detail, looking at how each area affects your life on a scale of 0-5, where 0 has no effect and 5 has a major impact, to understand where you may need additional help and support.

Things you may need help with

- Childcare
 - Parenting
 - Relationships
 - Caring for a family member or a friend
 - Commitments e.g. volunteering that may be impacted by you starting work
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- Homelessness (including hidden homelessness e.g. sofa surfing)
 - Eviction
 - Suitability of housing and future plans
 - Tenancy issues
 - Cost of housing and arrears

Possible impact on you



Finance

Low-income households often struggle paying rent/mortgage and utility bills. You may be continually juggling your finances. One event out of the ordinary such as a broken fridge can leave you relying on loans to meet basic living costs. Financial pressure can negatively impact your physical or mental health, relationships, and cause a wide range of personal issues.



Preparing for and finding work

Looking for a new career path, new job or new role with your current employer will involve a wide range of activities. Things such as writing CV's or preparing for interviews could be challenging, especially if you have been in the same role for a long time or have limited experience looking for a job.



Disability, Health and Wellbeing

All aspects of health (physical, mental, emotional) have a major impact on our daily lives and the choices we make. Lifestyle choices also directly impact mental health and wellbeing.

Things you may need help with

- Current or potential debt
- Budgeting skills
- Financial emergencies
- Understanding in work benefits
- Planning for the future

- Working out realistic job goals
- Identifying your transferable skills
- Knowledge of the jobs market
- Different ways to apply for jobs
- Experience of the application process, responses, interview feedback
- Online job search and application
- Relevant work qualifications and experience
- Functional skills (including IT and English speaking)
- Self employment

- Managing a health condition or disability while in work
- Improving your mental health
- Telling employers about health issues
- Finding the right job to fit your health
- Overcoming addictions (smoking, alcohol, drugs misuse, gambling)
- Weight, diet, healthy eating
- General fitness

Possible impact on you



Life Skills and Experience

How we communicate, manage our emotions, cope with stress, and form relationships influences levels of success in all areas of our lives. If you don't have coping mechanisms to deal with stress in a workplace you might struggle to progress or get on with colleagues if you have a disagreement. If you can't cope with change and are in a high state of anxiety your health and work can also be affected.



Social and Support Networks

Having a social support network gives you a sense of belonging, increased sense of self-worth, and security. If you are isolated due to ill health, have been in prison, have been raising a family, or have been through major life changes, you may need support to re-engage and develop these important networks.

Things you may need help with

- Communication skills
- Managing time and workload e.g. getting to work on time, journey planning
- Organisational skills
- Problem solving skills
- Coping with stress
- Managing emotions (including anger)

- How to create your own network
- Settling into a new area
- Getting out of the house and meeting new people
- Knowing what you can do in your local area e.g. activities
- Understanding support services in your area

For more information

If you have any questions please contact your support manager.

shaw-trust.org.uk

 **@shawtrust**

 **facebook.com/shawtrust**

Shaw Trust Registered Charity No. England and Wales: 287785, Scotland: SC039856

Alternative formats

Please talk to your Support Manager, call **01179 989110** or email **studio@shaw-trust.org.uk** to receive this information in a different format.

