

## Health and Employability Improving Lives

This resource has been developed by Renfrewshire's Health and Social Care Partnership Health Improvement Team.

The resource can be used to support frontline staff in signposting their patients/customers to the appropriate services for further support and advice in their employability journey.

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## Are you thinking about work?

### Occupational Therapy

Occupational therapy services are self referral. Ask your GP how to get in touch with your local service or contact working health services on:

**0800 019 2211** or go to:  
[www.workinghealthservicescotland.co.uk](http://www.workinghealthservicescotland.co.uk)

### Physiotherapy

Physiotherapy services are self referral. Ask your GP for a self referral form.

All referrals are processed through the Referral Management Centre  
**0141 347 8909**

### Back to Work Support

This service aims to support patients/customers back to work.

Department of Work and Pensions – work programmes, disability employment advisers and job coaches  
11 Floors St, Johnstone PA5 8QT  
**0845 604 3719**

5 High Street, Renfrew PA4 8QL  
**0845 604 3719**

49a High Street, Paisley PA1 2AN  
**0845 604 3719**  
[www.jobcentreplus.gov.uk](http://www.jobcentreplus.gov.uk)

### Adult Learning and Literacy

Adult Learning & Literacy's Service (ALLS) is Renfrewshire Health and Social Care Partnerships Adult and family learning team.

Some of the barriers adults may experience in returning to learning are removed through free learning and access to a free crèche, provided by ALLS and supported by qualified and experienced childcare workers.

ALLS promotes adult and family learning in community based settings and delivers the learning programmes from core Learning Centres within the local community, partner venues and schools. To find out more please contact Adult Learning and Literacy's Service

**01505 382863**  
[als.els@renfrewshire.gov.uk](mailto:als.els@renfrewshire.gov.uk)

### Benefits and Debt Advice

To access more information and advice about welfare benefits please go to [www.gov.uk](http://www.gov.uk) or visit

**Advice Works Renfrewshire Council**  
We have a drop-in service at the following locations, with no appointment needed:

**Johnstone Town Hall**  
25 Church Street, Johnstone PA5 8FA  
Monday - Thursday: 9am - 11am

**Renfrewshire House**  
Customer Service Centre, Cotton Street, Paisley PA1 1WB  
Monday, Tuesday and Friday: 9am - 11am and 1pm - 3pm

**Renfrew Health and Social Work Centre**  
10 Ferry Road, Renfrew PA4 8RU  
Wednesday and Thursday: 1pm - 3pm

### Bridgewater Library

Bridgewater Place, Erskine PA8 7AA  
Friday: 9am - 11am

Or call to make an appointment on:  
**0300 300 1238 from Monday - Friday, 10am - 4pm.**

[adviceworks@renfrewshire.gov.uk](mailto:adviceworks@renfrewshire.gov.uk)

### Volunteer Opportunities

See below

### RAMH Employability

RAMH provides a service to individuals who are clients of Ingeus/Working links and who are looking for specialist support in their employment/volunteering journey. Individuals would engage in a workshop based programme providing "Life to Work" skills.

RAMH 41 Blackstoun Road  
Paisley PA3 1LU

**0141 847 8900** or  
[enquiries@ramh.org](mailto:enquiries@ramh.org)  
[www.ramh.org](http://www.ramh.org)

Access by referral via Ingeus/working lives.

### Digital Support - RDDA

Renfrewshire Digiteers Digital Assistance @ Renfrewshire Libraries.

Do you need help with basic IT, using the internet, emails and job searches?

Your local library has a volunteer who can help.

**0300 300 1188**

[libraries@renfrewshire.gov](mailto:libraries@renfrewshire.gov) or ask at the library

## Are you preparing for work?

### Back to Work - Digital Support!

The Jobcentre can support you with;

- Access to computers to carry out a job search or make a claim to benefit.
- Free Wifi – use your smart phone, tablet or laptop while you wait.
- Twitter – Follow us to get up to date info on jobs, hints, and tips for job search and local information @JCPRENFREWSHIRE
- Online Benefits Adviser – If you need advice on Benefits, pensions or credits, go online to – [WWW.GOV.UK/BENEFITS-ADVISER](http://WWW.GOV.UK/BENEFITS-ADVISER)
- Universal Jobmatch – One of the largest jobsites in the UK. Upload CV's, search for jobs, record job searches and more.

### Volunteer Opportunities

This service supports patients/customers in seeking opportunities in volunteering.

#### Engage Renfrewshire

10 Falcon Crescent, Ferguslie Park  
Paisley PA3 1NS

Contact: Karen Miller on

**0141 887 7707**

[info@engagerenfrewshire.com](mailto:info@engagerenfrewshire.com)

**Follow us on Facebook and Twitter @EngageNews!**

### Benefits and Debt Advice

See above

### Training and Accessing Funding

#### Skills Development Scotland

If you are an individual with a question about careers, learning and training (including funding), and/or finding a job, please phone the individual helpline on

**0800 917 8000** or visit

[www.myworldofwork.co.uk](http://www.myworldofwork.co.uk)

#### Skills Development Scotland Office

The Russell Institute, 30 Causeyside Street, Paisley, PA1 1UR

**0141 849 0942**

### RAMH Employability

See above

### Financial Advice and Support

#### Money Matters Advice Centre

**0141 445 5221**

[advice@money mattersweb.co.uk](mailto:advice@money mattersweb.co.uk)

#### Citizens Advice Bureau

7 Glasgow Road, Paisley, PA1 3QS

Call to find out opening times.

**0141 889 2121**

[bureau@paisleycab.casonline.org.uk](mailto:bureau@paisleycab.casonline.org.uk)

### Supporting Carers

#### What do they do?

A Voluntary Organisation that provides support to unpaid carers in Renfrewshire.

#### Who can access the service?

Anyone who is an unpaid carer living in Renfrewshire, or professionals working on behalf of carers.

#### How do people access the service?

Via GPs, RAH, the RAH Information Worker, Social Work, District Nurses, schools/colleges and self referral.

**Fit Note Explained** Your doctor will give you a fit note, for help in understanding and using this, visit: [www.gov.uk/government/collections/fit-note](http://www.gov.uk/government/collections/fit-note)

**Digital Support - RDDA** See above

### RAMH Education & Information Service

Based within the Renfrewshire Community Service Team this service provides information, signposting to services, training, employability information, access to the internet and bespoke inputs about mental health and well-being as and when requested. The services aims to raise awareness, challenge stigma and promote recovery where possible.

#### Additional information

Adults in Renfrewshire dealing with mental health problems can access the service.

Professional and self referral is available using the standard RAMH referral form.

All services are free to adults in Renfrewshire dealing with mental health problems appropriate to our services.

Contact Details:

RAMH – Community Service Team

14 St James Street Paisley PA3 2HT

Tel: 0141 404 7788

Email: [reuben@ramh.org](mailto:reuben@ramh.org) Website:  
[www.ramh.org](http://www.ramh.org)

### Invest

#### Employability Support

Invest in Renfrewshire Employability Support

The Invest Youth and Adult Teams offer support to clients to get ready for, find and keep work.

To find out more call: 0300 300 1180 or  
Email: [employability@renfrewshire.gov.uk](mailto:employability@renfrewshire.gov.uk) or visit

The Russell Institute, 30 Causeyside Street, Paisley, PA1 1UR

### Adult Learning and Literacy

See above.

## Are you unable to work at present?

### Advice for Carers

Do you care for a family member or friend?

Do you need advice about work/ getting back to work and what supports are available to you as a carer?

#### Renfrewshire Carers Centre

0141 887 3643 Address: Abbey Mill Business Centre Paisley PA1 1JS

### Aids and Support to Get Back into the Workplace!

If you need extra employment support due to a disability contact :

**Capability Scotland in Renfrewshire - Advice for Independent Living**  
0131 337 9876

### Volunteer Opportunities

This service supports patients/ customers in seeking opportunities in volunteering.

#### Engage Renfrewshire

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Contact: Karen Miller on

**0141 887 7707**

[info@engagerenfrewshire.com](mailto:info@engagerenfrewshire.com)

Follow us on Facebook and Twitter @EngageNews!

### "Fit Note" Explained

Your doctor will give you a fit note, for help in understanding and using this, visit: [www.gov.uk/government/collections/fit-note](http://www.gov.uk/government/collections/fit-note)

### Occupational Therapy

Renfrewshire Health and Social Care Partnership services support patients to overcome barriers to maintaining, returning to or accessing employment. Occupational therapy services are self referral. Ask your GP how to get in touch with your local service or contact working health services on:

**0800 019 2211** or go to:

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### Physiotherapy

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### Support Groups

#### Sunshine Recovery Café

Open every Wednesday from 1pm - 4pm, the Sunshine Recovery Café offers a safe, drug and alcohol free space where people in recovery can meet up with peers and get involved in positive activities. It's run by people who are in recovery from addiction who are passionate about supporting others to recover.

Find out more by visiting:

St. Matthew's Church, Gordon Street, Paisley every Wednesday, 1pm - 4pm.

### Digital Support - RDDA

Renfrewshire Digiteers Digital Assistance @ Renfrewshire Libraries

Do you need free help with:

- basic IT
- using the internet
- sending and receiving emails
- job searching online

Our recently launched Renfrewshire Digiteers Digital Assistance service may just be for you. Your local library has a volunteer who can help.

**0300 300 1188**

[libraries@renfrewshire.gov](mailto:libraries@renfrewshire.gov) or ask at the library

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### Disability Resource Centre

The Disability Resource Centre (DRC) is a day centre providing services for physically disabled and sensory impaired people living in Renfrewshire who actively promote independent living through various leisure, social, educational and employment activities and services.

If you are interested in attending referrals are made through the **Adult Services Referral Team (ASeRT)**. **0300 300 1199**

Disability Resource Centre  
74 Love Street, Paisley PA3 2EA.

### ALISS

ALISS is a website which makes local clubs and groups, services and organisations which offer support very easy to find.

Please always contact the organisation to register your interest before going along.

Please visit

[www.aliss.org](http://www.aliss.org)

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### Carers Information

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Paisley  
PA1 1JS

**0141 887 3643**

[info@renfrewshirecarers.org.uk](mailto:info@renfrewshirecarers.org.uk)

[www.renfrewshirecarers.org.uk](http://www.renfrewshirecarers.org.uk)

### Occupational Health Support When in Work

Contact

**Working Health Services Scotland**

**0800 019 2211**

Or go to:

[www.healthyworkinglives.com](http://www.healthyworkinglives.com)

Twitter @nhsggc\_hwl

### Training and Employment Advice

ACAS

[www.acas.org.uk](http://www.acas.org.uk)

### Advice and Job Supports

Jobcentre Plus –

Access to work/Disability Employment Advisers

**Department of Work and Pensions** – work programmes, disability employment advisers

11 Floors St, Johnstone PA5 8QT  
**0345 604 3719**

5 High Street, Renfrew PA4 8QL  
**0345 604 3719**

49a High Street, Paisley PA1 2AN  
**0845 604 3719**

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#### Skills Development Scotland Office

The Russell Institute,  
30 Causeyside Street, Paisley, PA1 1UR

**0141 849 0942**

Opening hours

Monday, Tuesday, Thursday and Friday  
9 am - 5 pm

Wednesday 10.30am – 5pm