



The Working Well Project Carlisle and Eden

What does Working Well do?

We work with people who are furthest removed from the job market. We help people who face multiple, complex barriers to employment and give them personalised support to improve their health, sense of wellbeing and overall confidence.

On a 1-2-1 basis one of our fantastic keyworkers will get to know each client to find out what they care about, what do they enjoy and what would they like to be more involved in.

After that, they will work with the participant to create a plan specifically tailored to them. If individual sessions are required, we make it happen. Is an activity not featured on our current timetable? We'll add it in.

Here are a few examples of what we offer right now...

How do we do it?



Arts & Crafts



Yoga



Lunch Club



Walking

Turn over to see if your client could be eligible and for details about getting in touch.



European Union
European
Social Fund



Could I refer my clients to the Working Well Project?

WORKING WELL

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Eligibility

- Are they unemployed or economically inactive?
- Are they legally entitled to work in the UK?
- Are they not in education and training?
- Do they live in the Carlisle and Eden districts?

If YES... please read on.

Suitability

- Are they experiencing 'barriers' to employment? (e.g. mental health, addiction, low confidence, poor health, domestic violence, disability or poverty)
- Do they want to improve their wellbeing or the way they manage their finances?
- Do they want to make positive changes to their lives and surroundings by attending flexible, personalised sessions which will help them to explore the local community and its opportunities for training, jobs or engagement?

If yes to all of the above, have you asked for permission to refer? If you have, please get in touch

Contact us

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