

So, why get into employment?

There are lots of benefits in employment in addition to a wage. These include

- Increase in self-esteem
- Social links and ties
- Being occupied
- Independence
- Personal satisfaction
- Job satisfaction
- A role in society
- Rewards – not just financial ones

Opening times

Monday to Thursday 9am–4pm

We close for short breaks at Christmas, Easter and in the Summer.

Dove Employment & Training is a project of Leeds Mind, in partnership with Leeds Social Services and Leeds PCT.

Leeds Mind supports people with mental health problems in a variety of ways. We value the experience and expertise of the people who use our services and we work creatively together on their journey of recovery.

We believe everybody has mental health needs and everyone can recover from mental health problems.

Leeds Mind is affiliated to Mind (The National Association for Mental Health) www.mind.org.uk

For more information about Leeds Mind contact:

Leeds Mind

Grove Villa, 82 Cardigan Road, Leeds LS6 3BJ

t: 0113 230 7608 • fax 0113 230 7621

e: leeds.mind@leedsmind.org.uk

w: www.leedsmind.org.uk

Company registered in England & Wales 2193270. Registered Charity No.1007625.

LEEDS MENTAL HEALTH DIRECTORY ... on-line
www.mentalhealthleeds.info

For more information please contact

The Manager

Dove Employment & Training

De Lacey House

Abbey Road

Kirkstall

Leeds LS5 3HS

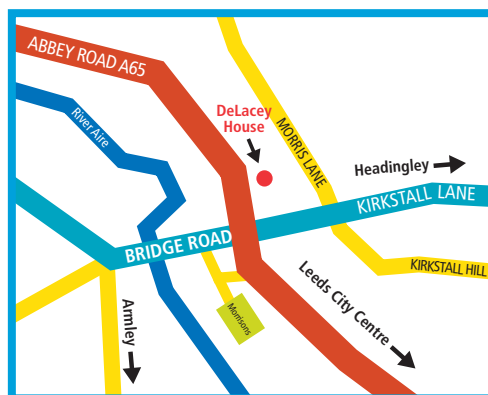
t: 0113 230 2631

f: 0113 278 4710

e: dove@leedsmind.org.uk

w: www.leedsmind.org.uk

Getting there



Buses

Via Headingley 38, 39.

Via Bramley 49, 91.

Via Armley 38.

Leeds Bus Station 33, 670, 760, 15.

Leeds Eastgate 50.

Access

Level access into tea bar but no wheelchair accessible toilet.

A large print version of this leaflet is available on-line at www.leedsmind.org.uk

Dove

Employment & Training Services

a Leeds Mind project



For better
mental health

Who we are

The Leeds Mind Dove Service is a client-centred employment and training project in Leeds. We aim to offer realistic choices and opportunities which empower and motivate people with experience of mental health problems.

- **We treat everyone as an individual, with respect, and aim to support and guide people through their journey towards their employment and training goals.**
- **Through mutual commitment, we strive to build high-quality relationships which support people facing difficulties, uncertainties and in taking risks on their journey.**
- **We aspire to support individuals in rebuilding their confidence and to feel hopeful about the future.**

What we do

Through joint agency and partnership working, we offer the following as steps towards employment: IT training and qualifications, work preparation, interview skills, Career Advice and Guidance.

We support people into employment, work placements, voluntary work and educational opportunities.

We provide ongoing practical and emotional support to enable people to achieve and maintain paid employment.

Referral

Referral is by Professional/Key Worker, or by self if no professional is involved.

The Dove Employment & Training Team specialise in working with people who have experience of mental health difficulties

We are aware of problems you may face when trying to get into employment, and will help you look at your future employment needs realistically.

We work in a friendly and supportive way, offering professional support and guidance according to your needs. Everyone who uses our service has their own tailored programme and is supported to achieve realistic targets.

Dove

Information Technology
Career Advice & Guidance

Work Preparation

Interview skills

Support whilst in employment

Advice to employers on good practice in mental health

Employment

& Training

“ I believe that without the help and support of Dove, I would not have successfully ‘bagged’ three interviews – let alone the jobs! ”

“ Since I started the IT course at Dove, I don't recognise myself. My confidence and self esteem has all started to come back... I have enrolled on a Maths and English course at a local college... I would never have dreamt about doing any of this without the support of Dove. ”

“ My self-esteem has improved dramatically. I am now much more confident because of the support I have received from Dove. Earning a wage makes me feel more independent. ”

“ ...it has helped me to believe in myself... That first little push was essential to get me into training and, fingers crossed, back to work... ”