

Richmond Fellowship

Description

Richmond Fellowship is a national organisation that provides support to people with a range of mental health problems throughout England. Formerly known as Richmond Fellowship Employment and Training (RFET), Richmond Fellowship Cambridge is an employment service for Cambridge City, and South and East Cambridgeshire. It provides support to people recovering from mental health difficulties as they seek to access and maintain suitable employment, volunteering and training opportunities.

Employment Support

Employment Advisers are qualified careers guidance practitioners. Advisers work with clients to agree action plans that help clients to progress into employment and training. In practice, this client-centred approach may include support with interview coaching, CV writing, job searching techniques, work preparation activities, work experience placements, psychometric profiling, skills development, etc. Richmond Fellowship Cambridge runs courses that explore and develop assertiveness, self awareness, confidence and communication skills. Clients also have the opportunity to access the ReFresh Garden Services project as they progress towards employment.

Retain/Regain

The Richmond Fellowship Retain/Regain Programme delivers crucial early intervention for people with mild to moderate mental health difficulties who are experiencing issues in relation to their health at work. Retain/Regain also supports people with these difficulties who have recently become unemployed and is now part of the IAPT (Improving Access to Psychological Therapies) provision within Primary Health Care in Cambridgeshire and Hunts and Fenland. Retain/Regain is totally committed to client-centred working and, with the client's consent, can engage directly or indirectly with their employers to help move things forward. Retain/Regain can provide support at meetings with employers, mediation, careers guidance, training in assertiveness, mentoring for clients who have returned to the workplace and psychometric assessment when required. Broad information can be provided on legal and benefit entitlements, but referrals are made to more specialised services for these, depending on the client's needs and also to other services providing confidential advice, where appropriate.

The Castle Project (Housing) in Cambridge provides supported accommodation and floating support for young people (16-25) moving towards independence. Each person has a key worker who offers practical and emotional support and has access to a daily drop-in and activity programme, which can include arts projects.

Other Richmond Fellowship Employment Services in the area are available at Richmond Fellowship Hunts & Fenland (based at Godmanchester) and Richmond Fellowship Peterborough.

Contact details

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