



# THRIVE INTO WORK

## Engagement Newsletter

**Thrive into Work**  
**Bimla's Story**

Bimla had spent 15 years working in retail, but following a fall at work she damaged her spine and had to leave her job. As a result Bimla suffers with severe back pain. Since leaving work she has also experiencing anxiety, depression, and a lack of confidence.

Healthy Minds: IAPT service referred Bimla to Thrive into Work. She was contacted the same day and booked into an appointment, where she was randomised into the treatment group. Working with her Employment Specialist (ES) Bimla developed her vocational profile and began job searching within 4 weeks. She now has a job in Sainsbury's where her employer has made adjustments to support her pain management.

"Since being in work Bimla is 'beaming with pride'. Although she still experiences some back pain it is very manageable as her employer allows regular breaks. She is enjoying her independence again and absolutely loves her new role."  
Bimla's ES

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

A **BIG HELLO** from the Thrive into Work Programme Team!

**Trial highlights**  
June 2018– April 2019:  
**1868 on the trial**  
**916 in the treatment group**  
**175 Job starts!**  
**Most common health conditions: stress/ anxiety, fatigue/ problems with memory, depression, pain/ discomfort**

**We need your referrals!**

**Thrive into Work**  
**Rachel's Story**

Rachel has 8 years of experience working in retail and in the voluntary sector. Despite this she has felt that her disability has been a barrier to securing paid employment. Rachel had been worried that she would not be accepted because of her disability and that her employers might think she would not turn up for work.

Rachel visited a Thrive into Work pop-up whilst attending Sandwell College. She signed up and was randomised into the treatment group. Rachel has been supported into a number of jobs since then, with each allowing her to move to a more suitable role. She is now working as Manager for Sense Charity and is well on her way to her dream job as Area Manager.

"My Employment Specialist is fantastic at his job. I wish there was more people out there like him that actually go out of the way to support and help. It's great to work with him. Thanks for the help!"  
Rachel

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Anyone can refer via [www.thriveintowork.org.uk](http://www.thriveintowork.org.uk) and GP teams can also refer via e-RS. The Clinical Research Network are offering service support costs for GP (£4.50 per referral) and Practice Nurse (£1.16 per referral) referrals. GP teams are signing up to pilot bespoke recruitment strategies using potential eligible patient lists generated, working with CCGs. **Have you signed up yet?** Please contact the CRN in your area for more information: Saif Uddin Birmingham & Black Country [saif.uddin@nhr.ac.uk](mailto:saif.uddin@nhr.ac.uk) and Jenny Simms Wolverhampton [jenny.simm@nhr.ac.uk](mailto:jenny.simm@nhr.ac.uk). A big congratulations to Dudley GPs and CCG for going live now with the new ES clinics to generate large volumes of referrals. Watch this space for exciting updates!

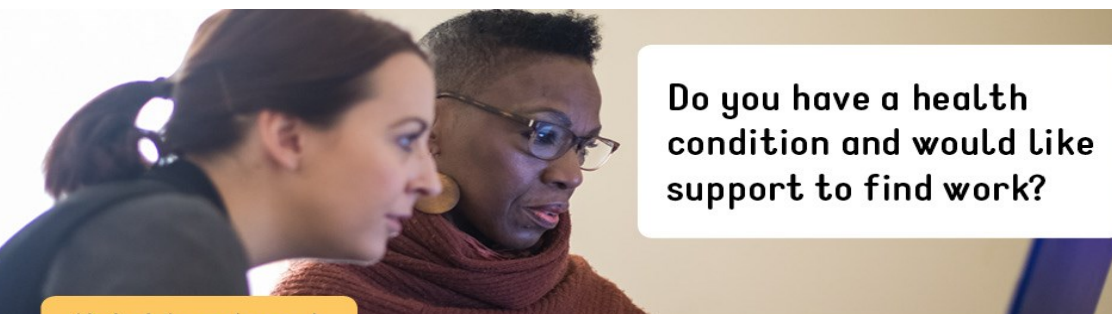
### Well done to the top GP team referrers so far!

GP Practice	Lot	Referrals
Quarry Bank Surgery	Dudley	23
Cape Hill Medical Practice	SWB	15
Links Medical	Dudley	13
Newbridge Surgery	Wolverhampton	13
Parkfields Medical Practice	Wolverhampton	13
Newtown Health Centre	SWB	11
Rangeways Road Surgery	Dudley	10
Ridgeway Surgery	Dudley	8
Broadway Health Centre	SWB	6
Thorns Road Surgery	Dudley	7

### Well done to the top Community Health team referrers so far!

Community Health Team	Lot	Referrals
IAPT	Dudley	58
IAPT	Wolverhampton	40
Social Prescribing	SWB	23
First Steps to Feeling Better	Dudley	19
Birmingham Mind	Birmingham	13
Vocational Rehabilitation	Wolverhampton	9
IAPT	SWB	9
Health exchange	Birmingham	7
Dudley Physiotherapist	Dudley	5
MSK/Physio	SWB	5

Please keep referring!



Do you have a health condition and would like support to find work?