

November 2011



ESRA

Winter Newsletter

Welcome to ESRA's long awaited Newsletter as we creep closer to cooler weather and Winter walks amongst crackling leaves.

ESRA's newsletter features Sara's specialist confidence building workshops, Jane's excellent Minding Your Business employer training courses and Judy's "enhance your C.V." and "how to succeed at interview" sessions. We also have news on clients getting involved in work and the latest news on our Website.

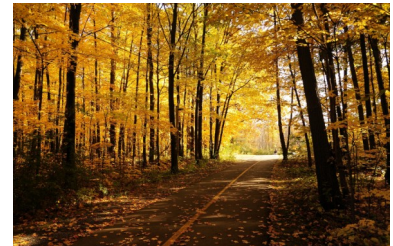
Success Stories

ESRA has successfully continued to help people into employment, work experience and volunteering.

Our latest success stories include:

- Jo was supported back to work as a healthcare assistant on a phased return after 2 years sick leave.
- Martin found volunteering work via ESRA at a local garage. This turned into a permanent paid job as a mechanic.
- Sue who was finding work a challenge wanted a career change and we helped her get her "dream job" in the Police Force..
- Following negotiations with Lucy's employer, ESRA helped organise reasonable adjustments and provided Mental Health First Aid training for key members of staff. Lucy is now receiving ongoing

support from ESRA and her employer to stay well and progress at work.



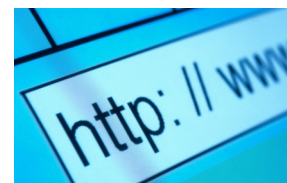
Please note all names are fictitious.

ESRA's New Website

ESRA is currently in the exciting process of modernising their website with the help of Jo and Caroline, our resident marketing expert and graphic designer re-

spectively. We have all been working hard to improve the look and feel of the site which is to be launched by the end of the year.

Watch this space!



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Opening Doors

ESRA (Employment Support Retraining Agency) is a leading provider of specialist employment and training services. We have a particular specialism in helping people with problems such as stress, anxiety and depression.

We can help:

- people seeking work or needing support to stay in employment;
- employers seeking advice on managing the impact of mental health related problems on their workforce;
- employers recruiting and retaining valuable staff.

Support to Return To Work

Judy is continuing to use her strong recruitment experience to help support clients returning to or entering the job market and she is able to critique c.v.'s and covering letters and fully prepare people going to interviews to give them the best chance of success. Also she is able to advise on "Finding that unadvertised job"

We're on the web
www.esrasurrey.co.uk

Training

Sara has prepared some confidence building workshops – if you are interested in speaking to her about these, or more next year, feel free to call her on 01737 772115 or email sara@esrasurrey.co.uk

The courses run from 10am - 2.30pm in our offices and are informal and informative.

22/23rd November FINDING YOUR CONFIDENCE – includes exploring confidence, self esteem, speaking with confidence and assertiveness.

29/30th November JUST DO IT – exploring what you have to offer in terms of skills and

interests and exploring local opportunities.

Jane continues to run her highly successful **Mental Health First Aid** courses, alongside shorter **Mental Health Awareness** courses as part of ESRA's

Minding Your Business programme.

Courses are aimed at making employers aware of the sometimes invisible health challenges that people can face. There is a high demand for

these interesting workshops and Jane will be travelling far and wide to deliver courses.

