



About us

We are an Islington mental health charity running a varied programme of activities & support.

Our aim is for members to rebuild confidence, re-engage with community and rediscover a sense of purpose.

Our Support focuses on both recovery and employability.





What we do & how we do it

The clubhouse hosts a range of opportunities to develop practical, professional & social skills as well as shape the service that we deliver.

Coproduced volunteering activities, range from art to admin, catering to creative writing.

Our members contribute their talents & time to our gazette, events planning, social media & website, our catering service, in our community café & much more





Employability Support

We support people to prepare for, apply to, start and sustain paid employment.

Our Specialist Employment Advisers work within Community Mental Health Teams, Talking Therapies & in the community.

Support might include

- Careers advice
- Training or volunteering
- Job searching skills
- Continued in-work support





Common Barriers

Health disclosure & adjustment needs

What are we worried about? What are the pros?

What work options do I have?

What can I do? What jobs would work for me?

Lack of recent work experience

CV gaps & lack of references

Returning
to work

Where
do I to
start?

What
can I do?

What do
I need?

Work
Relevant
Volunteering