

## SECTION 6:

### Where to get help after SWRAC

#### CAREERS GUIDANCE / JOB HUNTING

- **SWRAC**– We can offer you support with information, advice and guidance for up to a year after you leave us.  
Telephone: 01202 848099

#### BENEFITS AND JOB HUNTING SUPPORT

##### Job Centres:

- **Bournemouth Jobcentre Plus**  
Tamarisk House, 1 Cotlands Road, Bournemouth, BH1 3BG  
Telephone: 0845 604 3719 Textphone: 01202 276015  
<https://www.jobcentreguide.co.uk/bournemouth-jobcentre>
- **Lymington Jobcentre Plus**  
Cannon Court, Lymington, Hampshire, SO41 9AQ  
Telephone: 0845 604 3719 Textphone: 0845 608 8551  
<https://www.jobcentreguide.co.uk/lymington-jobcentre>
- **Poole Jobcentre Plus**  
Old Town Market, Dear Hay Lane, Poole, Dorset BH15 1NZ  
Telephone: 0800 169 0190  
<https://www.jobcentreguide.co.uk/poole-jobcentre>
- **Ringwood Jobcentre Plus**  
20-22 Southampton Rd, Ringwood, Hampshire, BH24 1DE  
Telephone: 0800 169 0190 Textphone: 0845 608 8551  
<https://www.jobcentreguide.co.uk/ringwood-jobcentre>
- **Weymouth Jobcentre Plus**  
Westwey House, Westwey Road, Weymouth, DT4 8TG  
Telephone: 0800 169 0190  
<https://www.jobcentreguide.co.uk/weymouth-jobcentre>
- **Winton Jobcentre Plus**  
609 Wimborne Road, Winton, Bournemouth, BH9 2AL  
Telephone: 0845 604 3719 Textphone: 0845 608 8551

## JOB HUNTING SUPPORT

- **Seetec Pluss** - [www.seetecpluss.co.uk](http://www.seetecpluss.co.uk)  
 Work and Health Programme - Department for Work and Pensions  
 Telephone: 0800 334 5525  
 Email: [customersupport@seetecpluss.co.uk](mailto:customersupport@seetecpluss.co.uk)  
 Address: 1a, Oxford Point, 19 Oxford Road, Bournemouth, BH8 8GS  
 Opening Times Monday - Friday (9am-5pm)
- **SEND4** – [www.send4.co.uk](http://www.send4.co.uk)  
 Access supported employment  
 Job coaching  
 Travel training  
 Telephone: 07894 048839  
 Email: [info@send4.co.uk](mailto:info@send4.co.uk)  
 Covers Bournemouth, Christchurch, Dorset, Poole, West Hampshire
- **Spear, Bournemouth**— [www.resurgo.org.uk](http://www.resurgo.org.uk)  
 6-week short course to help you gain skills and confidence for the workplace.  
 For 16-24 year olds  
 Telephone: 07541 644 682  
 Address: Spear Bournemouth, St Swithun's Church, Gervis Road,  
 Bournemouth, BH1 3ED
- **Up in BCP (youth support service)** - <https://www.upinbcp.co.uk/>  
[www.upinbcp.co.uk](http://www.upinbcp.co.uk) or 07880 480 602
- **Dorset Employment and Education Team (EET Support)**  
 Tel: 01305 221783  
 Email: [EETSupport@dorsetcouncil.gov.uk](mailto:EETSupport@dorsetcouncil.gov.uk)  
 Website: <https://www.dorsetcouncil.gov.uk/education-employment-training-and-re-engagement-support-team>

## Access to Work

Access to Work can help you get or stay in work if you have a physical or mental health condition or disability.

### Support for Paid Work

Access to Work can provide you with the support to need to be in paid work, including self-employment and working from home. Access to Work does not provide support for volunteers.

### An Access to Work grant can help pay for things like:

- specialist equipment and assistive software.
- support workers, like a BSL interpreter, a job coach or a travel buddy.
- costs of travelling to work, if you cannot use public transport.
- adaptations to your vehicle so you can get to work.
- physical changes to your workplace.

Support is not means tested and the minimum number of hours you need to work is just one hour per week.

### As part of Access to Work, you may be eligible for:

- a grant to help pay for practical support with your work,
- support with managing your mental health at work.

### For these types of support, you must:

- have a physical or mental health condition or disability that means you need support to do your job or get to and from work,
- be 16 or over,
- be in paid work (or be about to start or return to paid work in the next 12 weeks).

### Eligibility

You must have a disability, illness or health condition that means you need support to do your job. This can include, for example:

- a physical disability, for example if you're hard of hearing or use a wheelchair
- a learning disability or related condition, for example if you have Down's syndrome
- a developmental condition, like autism spectrum disorder
- learning difficulties or differences like ADHD or dyslexia
- an illness such as diabetes or epilepsy
- a temporary condition, like a broken leg
- a mental health condition, for example anxiety or depression
- You do not need to be diagnosed with a condition to apply.

### For more information:

Website: <https://www.gov.uk/access-to-work>

Telephone: 0800 121 7479

**This guide was created by:**

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