
STARTING YOUR JOURNEY
**WHAT WE
CAN OFFER**



At Apex Scotland, we're dedicated to providing a range of services to support you on your path to success. Whether you're looking to gain new skills, find employment, connect with local resources, or build a strong support network, we're here to help. Here are some ways we can help and opportunities we offer.

1. Signposting to Specialist Services

Navigating the range of available resources can be challenging. We can help connect you with specialised services tailored to meet your needs.

How We Help:

- Referrals to mental health services
- Connections with addiction and recovery support
- Information on homelessness and housing assistance
- Access to health and wellness resources

2. Accessing Suitable Resources

We can help make sure you have the tools and resources to support your journey, whether for personal development, skill-building, or day-to-day needs.

How We Help:

- Guidance on applying for benefits and financial assistance
- Access to libraries, technology, and learning tools
- Resources for managing stress, improving wellbeing, and building confidence
- Information on community groups for personal development and support

3. Employment Preparation Activities

Our employment preparation activities are designed to help you succeed in the job market by building your confidence and readiness for work.

How We Help:

- CV and Cover Letter Assistance: Support with creating a professional CV and cover letter that showcases your strengths.
- Interview Coaching: Practice sessions and tips to help you present yourself confidently to potential employers.
- Job Search Workshops: Training on how to search for jobs effectively, navigate online job sites, and network with employers.

4. Skill Development

Gaining new skills or building on existing ones helps achieve personal and professional goals. We offer sessions and workshops to help you develop valuable skills.

How We Help:

- **Soft Skills:** Sessions in communication, teamwork, and time management.
- **Computer Literacy:** Support with basic computer skills, email, and internet navigation.
- **Professional Skills:** Training and sector specific qualifications.

5. Volunteering Opportunities

Volunteering is a great way to gain experience, give back to the community, and gain work-based references.

How We Help:

- **Volunteer Placements:** We connect you with local volunteer opportunities that match your interests and skills.
- **Skill-Building through Volunteering:** Gain experience and build skills that can help you in future employment.
- **Personal Growth:** Volunteering can help boost self-confidence and provide valuable connections within the community.

6. Job Matching Support

Finding a job that fits your skills, interests, and background is important. Our job matching support can connect you with employers looking for people like you.

How We Help:

- **Personalised Job Matching:** Based on your experience, skills, and job goals, we identify job opportunities suited to you.
- **The Right Employers:** We partner with employers open to hiring individuals with diverse backgrounds and life experiences.
- **Ongoing Support:** We provide guidance and advocacy as you transition into employment, helping you navigate any challenges you may face.

7. Establishing Support Networks

Having a support network is essential for long-term success and personal growth. We can help you connect with a community of supportive individuals and groups.

How We Help:

- **Peer Support Groups:** Join groups where you can connect with others who have similar experiences, share advice, and find encouragement.
- **Lived Experience Staff:** Support from individuals who have successfully navigated similar journeys and can offer guidance.

- Community and Family Engagement: Resources for reconnecting with family, building healthy relationships, and establishing a support network within your community.

Ready to Get Started?

At Apex Scotland we're here to support you every step of the way. Whether you're looking to build new skills, find employment, or establish a strong support network, our teams are dedicated to helping you succeed. Reach out to us to learn more about our programmes or make an appointment.

Together, we can help you build a stable, fulfilling future and reach your personal and professional goals.

**If you or someone you know
needs our help, contact
us today, we have services
throughout Scotland.**

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