



“Because of Crossroads I have been able to get back into work. The team have always been very supportive and have helped me develop skills to make returning to work an easier process.”

- Matthew, 32

“I have been with Crossroads for five years. The team have supported me constantly and helped me develop my skills so I can be more independent.”

- Jasmine, 27

“When I stopped being a carer Crossroads were there to support me. They have welcomed me into their community and allowed me to meet new people and make new friends. I have also become more confident and feel like I have achieved more with their help and encouragement.”

- Wendy, 52

If you have successfully returned to work then we would like to hear from you too.

Contact us to see how you could help others on their journey back to work.



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Isle of Man Registered Charity Number 383

Have you been ill and off work?  
Are you ready to return to work?



Be more financially independent



Be fully supported



Make new friends

Be part of a work community



Learn new skills



Isle of Man  
Government

*Reiltys Eilan Vannin*

Find out more by contacting our Peer Support Team on 673103 or [info@crossroadsiom.org](mailto:info@crossroadsiom.org)

## Is Your Health Holding You Back From Finding the Right Job?

We can help support you to find the right job for your interests, skills and health conditions.

### Want to Work?

If you'd like to get back to work, but need a little extra support to help you get there, get in touch with Crossroads.

### How Could Work be Good for You?

If you are or have been on a sickness-related benefit, or you feel that a health condition is holding you back, the peer support service can help you:

- Explore your options
- Identify any barriers to work you might be facing
- Set goals and create an action plan

Peer support is about your health and wellbeing in work, and supporting you to help you find the right job.



## Who We Are

Crossroads can support you to explore volunteering, training or paid employment to help you gain experience and confidence. This might open up new opportunities for you to get involved in your community, develop new skills, meet people and earn income.

## What We Do

We offer a positive step towards getting back to work in a supportive, confidential environment.

We can help you figure out what your barriers to work are. We can help you to set goals and work towards achieving them. We can connect you with our partners at the Job Centre to create a new CV, search for jobs and get advice about the type of jobs that are available.

We can help you explore volunteering, training or paid employment to give you experience and build your confidence.

## Is Something Holding You Back?

It could be:

- a short term physical illness
- a mental health condition
- a long-term health condition
- lacking confidence about working again or getting a new job

We are experienced in supporting people from all walks of life and with a variety of health-related issues. We understand that this might be the first step of your journey into work.

The Peer Support programme will also introduce you to others who are also returning to work.



## Ongoing Support

You don't have to stop talking to us once you're in work. Ongoing support is available as you take the next step, so you don't have to do this alone.

You might then be able to help others.

We know some people are further away from the job market than others. If you think you would benefit please get in touch.

Getting in touch does not affect your benefits. We will explore with you how your benefits may be affected by going back to work or increasing your hours.

