

iCan | Wellbeing Group

PROJECT REPORT



UKSPF: iCan Workwell



Workwell empowers individuals facing employment barriers by offering tailored support to boost confidence, develop skills, and explore opportunities.
The programme encourages positive steps towards work readiness, volunteering, and sustainable, fulfilling employment.



Introduction

This project is funded by Cumberland council and Cumbria Community Foundation thanks to UKSPF funding

Work WELL...

iCan Wellbeing Group CIO

What does it mean to Work Well?

Worried about work?

We are running an innovative 6-week programme to explore what it means to 'Work Well'.

- Feel more confident to get into work
- Recognise your 'Work Well' strengths
- Breaking down barriers to get into work

Contact Us

☎ 01228 819 101 (option 2)

Book for FREE now

What is iCan?

iCan is a health, wellbeing and social support charity (CIO).

At iCan we support people living in Cumbria to break down their fitness and wellbeing barriers from I can't to iCan.

We do this through a dedicated focus on prevention before recovery in our fitness and wellness centre in Carlisle and through our range of outreach activities across Cumbria. We empower people to live healthier, happier lifestyles through our range of accessible and affordable (often free) services which are led by our lived experience team members, volunteers and mentors. Our services are open to all ages, genders, backgrounds and beliefs.

Project Overview:

The aim of the project was to provide a springboard to those who are feeling unsure on how to get on to or continue being part of the workforce.

There may be a range of issues that impact on how people interact positively with work, this could be because of health, confidence or not knowing what it means to be happy in their work.

Through a series of group based sessions our programme wanted to provide an innovative & holistic approach to increasing confidence for work, looking at an individual's sense of purpose, and how this increases their overall wellbeing and aspirations.

Project Aims and Objectives

This project aims to:
Improve health - Physical, mental and emotional

- 1) Understand what 'work' means
- 2) Understanding your own sense of purpose
- 3) Understand what your 'Work Well' strengths are
- 4) How to incorporate wellbeing into your work
- 5) How to find your inner confidence



Project input

Funding received:

- £30,000 from UKSPF - CCF
- £9990 from UKSPF - Cumberland Council

Staffing

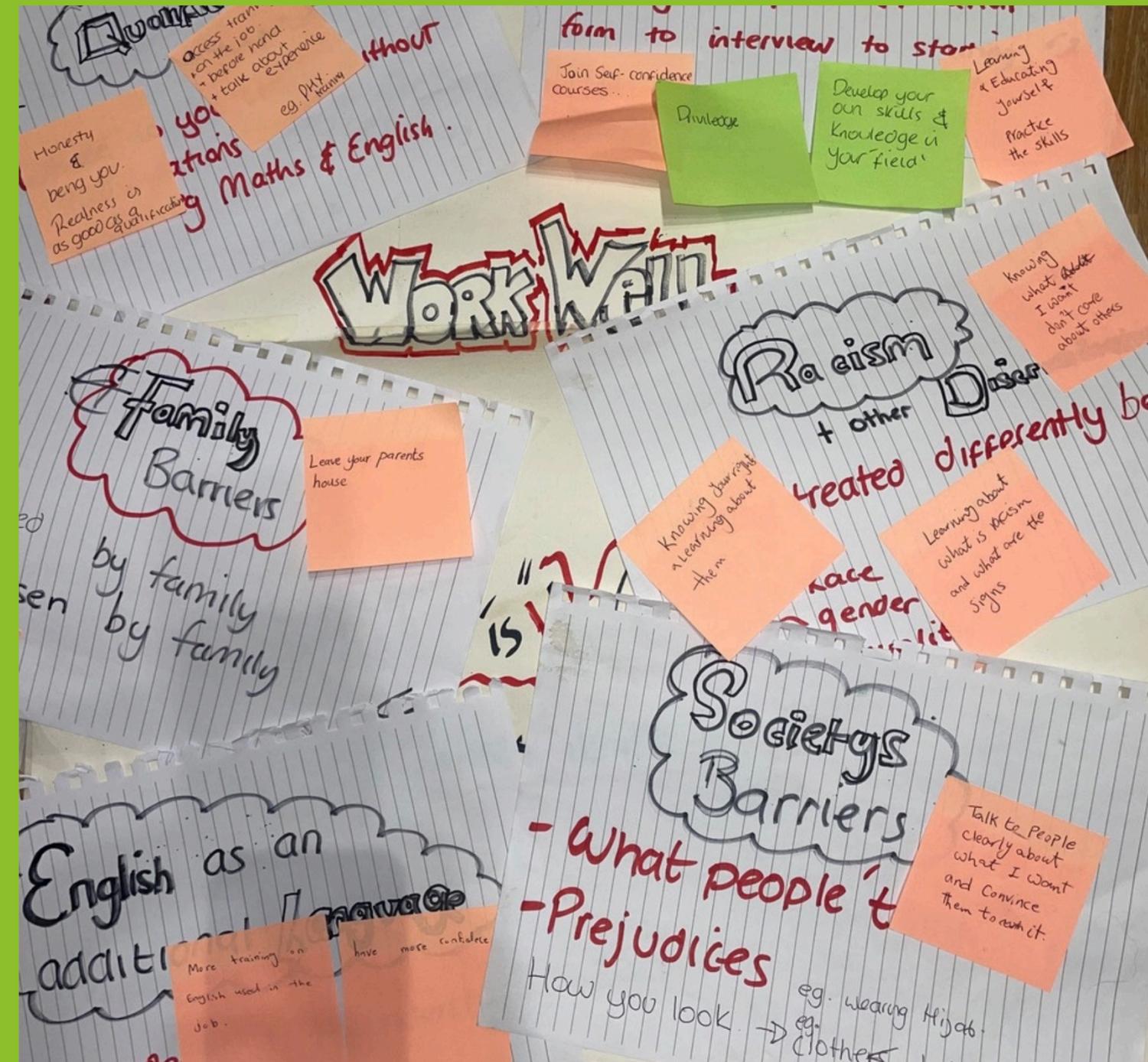
- A total of 5 staff members worked on the project
- 2 volunteers worked on the project
- We worked with DWP, CAB, Vibes Publishing and Carlisle College on this project

Other

- Ikigai publications, clothing vouchers, healthy food and wellbeing baskets were distributed
- 2 refurbished computers were purchased and additional workplace tech

Core operating/senior management

- Rent and utilities were covered for session times
- Senior management dedicated substantial time due to the project's uniqueness including planning, preparation, meetings, staff support and reporting





Project outputs

Total people supported

- 24 people were supported
- Each participant engaged 3 hours per week for 5 weeks with a full day activity at the end for celebration and socialisation

Contacts/ referrals

- 28

Sessions delivered

- A total of 16 sessions were delivered
- 3 cohorts of 5 weeks of activities
- 144 attendances
- 512 staff and volunteer hours

Other outputs

- We have connected with and are planning on working with Carlisle Eden Mind and Inspire on a bigger project in 2025
- Dual language (Arabic, Farsi and English) + updated bi-lingual documents

Project outcomes

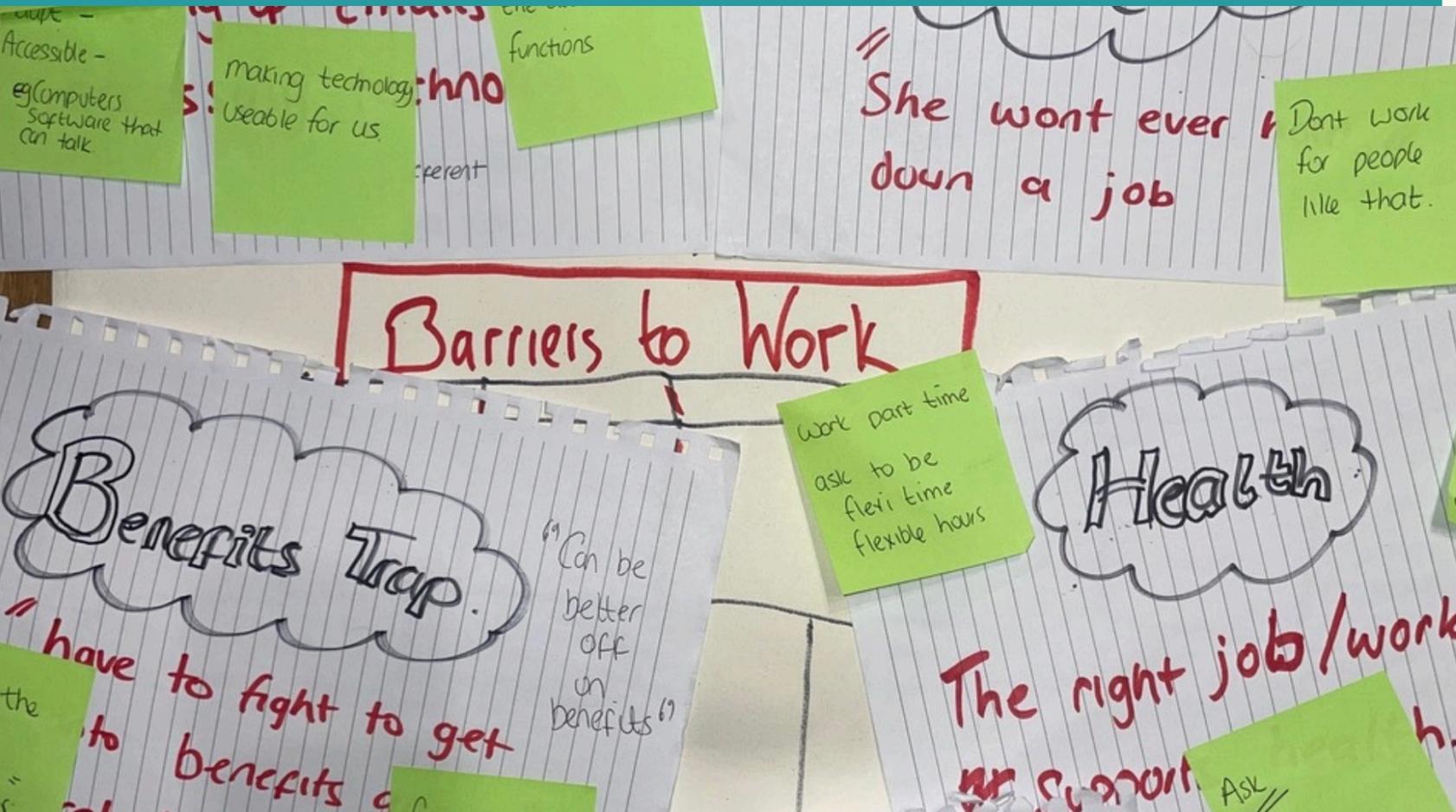
- Beneficiaries report **improved self confidence** to return to the work place
- **Better understanding** of what it means to work well
- More support from groups to understand **you are not alone**
- **70% of participants** have become members of iCan fitness and wellness activities.

Key project achievements :

- 100% of participants reported a positive change to their attitude around what it means to work well
- The project worked with some people who speak English as a second language. We hired an interpreter for these cohorts to make those members feel more comfortable

Key personal achievements:

- 20% have either gone on to get a volunteer opportunity or return to work!



LIVE LONGER
BETTER & FIND
YOUR...

IKIGAI

生きがい

 VIBES

Case study - Long term health

One member who attended all sessions, found that it helped them in gaining confidence to get back in to work/volunteering as they were able to share the barriers they had in getting back in to work.

By hearing and visually seeing the amount of barriers people faced in getting in to, or staying in work, they felt less alone and less 'different' because this was a shared experience felt by others in the group.

They had not been in work (or volunteering) for a long time and have been working with a work coach to look at overcoming barriers they faced because they wanted to get back in to the work environment. The programme talked about the values of work and they particularly focused on how being in work provided a 'sense of purpose' and that they were 'less of a burden' on society because they were contributing in some way. However they also recognised that they had built up a range of internal fears and barriers towards based on their own previous health related issues.

"It's good to know its not only me that feels this way about work, and that there are others who have had the same experiences"

Challenges, risks and solutions

Main Challenges:

- Too many other local services were offering something similar
- We struggled getting people to commit over the festive period

Risk Mitigation:

- We needed to engage more staff members and volunteers in the project due to other staff member illness/ holiday cover
- Takes a while to recruit onto programme
- We needed to hire an interpreter to aid participants whos first language was not English and quickly translate documents and policiies

Solutions:

- Hiring in freelance staff quickly
- Making sure our documents are accessible in other languages, we now have these available in Farsi, French, Spanish and German and have connections with a local BSL speaker.
- Improve links with other services offering similar support



Conclusion and next steps

Successes

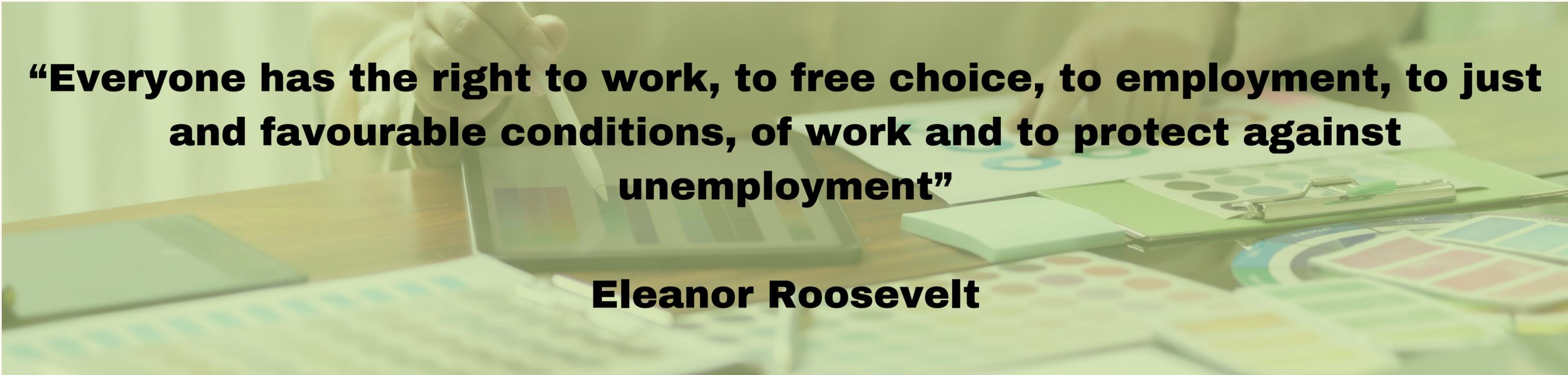
- 100% of participants achieved some positive outcome.
- 20% went back to work or volunteering, but we feel that over more time, this number could increase.
- 70% have become actively involved in our fitness centre through a membership.

Recommendations:

If the project were to continue we would request/ plan more time to prepare, advertise and deliver the project.
Expanding the operational timetable

Next steps

- We have met with Inspira to work together on a wider project in 2025.
- We are also part of the newly formed Developing a Cumberland Work & Health Strategic Plan.
- We are seeking further investment to carry on this vital work as well as improve what we have already delivered



“Everyone has the right to work, to free choice, to employment, to just and favourable conditions, of work and to protect against unemployment”

Eleanor Roosevelt

Thank You!

Thank you for taking the time to read about our recent project.
For more information on this project or to reach a member of our project team please contact us
using the details below

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