

# ASPIRE employability ladder

- Full/part time
- Temporary or permanent
- Self employment

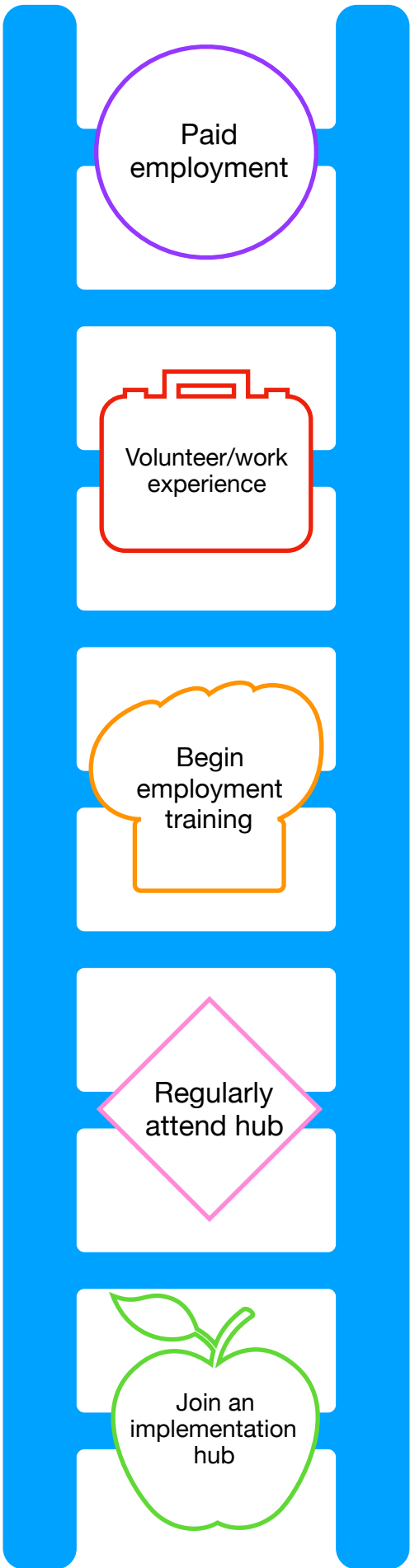
- Regular attendance at local organisation

- Employment training workshops e.g. interview skills

- Healthy weight/ healthy eating workshops
- Food production workshops

- Health MOT
- Signpost to healthy lifestyle

**Activities involved at each step**



Paid employment

Volunteer/work experience

Begin employment training

Regularly attend hub

Join an implementation hub

- Self-confident
- Support other participants
- Purchase healthier food

- Self-belief
- Knowledge of skills and work available
- Socially engaged
- Awareness of health and employability link

- Develop Specific skills in food production
- Develop employability skills

- Develop social skills
- Develop knowledge of food production, healthy eating and employability

- Meet new people
- Develop an interest
- Awareness of own health metrics and associated healthy lifestyle

**Outputs of the activities**



- Two-five times less likely to die prematurely
- Unemployment is detrimental for mental health



- Better social relationships = a 50 per cent higher survival rate
- People with chronic illness are more likely to be unemployed



- Unemployment = 1.5 and 2.5 times increased risk of fatal or non-fatal cardiovascular events, and all-cause mortality
- People suffering with obesity are less likely to be employed



- Volunteering can help reduce social isolation, exclusion and loneliness
- Volunteering can improve physical and mental health as well as reducing the risk of death by up to 20 per cent



- Getting people back into work improves their quality of life and health
- A higher socio-economic status is associated with an improvement in health
- Good employment is beneficial for mental health - depression can cause obesity and obesity can cause depression