

WorkFit Programme



The Down's Syndrome Association's WorkFit Programme

Easy read

What is the WorkFit Programme?



We support people who have Down's syndrome to get into work.



We believe that everyone who has Down's syndrome can work if they have the right support.



WorkFit Officers match candidates who have Down's syndrome with employers. They continue to provide support.

Why get a job through WorkFit?



- Do interesting work. Learn new skills and develop your talents



- Be supported to understand your work options and progress your career



- Meet new people and be part of a team



- Enhance your confidence and independence
- Earn money (wages)

How your WorkFit Officer will support you...



A WorkFit Officer will discuss your interests, skills and career ambitions with you. We can also support you to create your CV.



There are different types of work that you could consider such as paid work, volunteering, work experience, supported internships or apprenticeships.



Your WorkFit Officer will work with an employer to develop a suitable role for you.

How your WorkFit Officer will support you...



Your employer will receive training to ensure that they are confident to support you in your new job.



Before you start the job, you can go along to meet your potential new team and have a tour of the workplace.



You will work alongside workplace buddies who will help you to learn the tasks and get to know everyone.



Your WorkFit Officer can provide ongoing support for as long as it is needed.

Hear what our candidates are saying...

"I enjoy my job a lot. My buddies have been fantastic to work with, helping me out. We have lunch together and chat a lot. I have been paid already and treated myself to having my nails painted."

Catherine works in a warehouse. She sorts and cleans clothes before they are sold in shops.



"My job makes me feel good and worthy. It has given me more independence. I like earning some money so that I can go out and buy things. I enjoy speaking to the customers and being part of the team."

James works in a hotel. He stocks the bar, lays tables and serves customers.



Watch our videos...



[Click here to see Hetti who works as a Café Assistant at Dunelm.](#)



[Click here to see Sam who works as a Distribution Operative at GXO Logistics.](#)



[Click here to see more short videos from our candidates and employers.](#)

Register for the WorkFit Programme



[Click here to register for WorkFit](#)



If you are already registered, we look forward to supporting you to start work.

For more information:



Email us on dsworkfit@downs-syndrome.org.uk



Find more on our website www.dsworkfit.org.uk



Follow us on Twitter <https://twitter.com/DSWorkFit>

The Down's Syndrome Association is here to support people who have Down's syndrome and to help them live their lives to the full. We also stand up for their rights, campaign for change and challenge unfairness and discrimination.

Call us on 0333 1212 300
Monday to Friday, 10am-4pm

Email us on info@downs-syndrome.org.uk

Write to us at
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Find more on our website downs-syndrome.org.uk



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Made with DSA Our Voice.

Our Voice is a team of people who have Down's syndrome