**BACKGROUND**

Fife Employment Access Trust (FEAT) was established in 1994 and has a wealth of experience in supporting individuals with mental health problems to take up work as well as working closely with employers across Fife to raise awareness of mental health in the workplace. FEAT strive to:

* increase the employment rate for people with mental health conditions in Fife
* Provide people with mental health conditions with a range of strategies and tools to enable them to successfully self-manage their conditions
* Inform the wider population about mental health and dispel the myths surrounding the subject, in turn removing stigma and discrimination
* Be an inclusive organisation that welcomes a contribution from service users and others with lived experience of mental ill-health

Our range of activities include:

* **Employ your Mind** - This partnership project with NHS Fife is focused on basic employability training for severe and enduring mental health inpatient and outpatient users of psychiatric services in Fife.  This innovative project is the only vocational programme involving computerised cognitive remediation therapy in Scotland.
* **Individual Placement & Support** - comprises staff from FEAT and NHS Fife and is a job-first programme of support for people with severe and enduring mental health conditions.
* **Journey to Work** - this project is part of a wider Fife Employment & Training Consortium (Fife etc), and we offer a variety of courses to people with mild to severe conditions, in partnership with several other voluntary sector agencies.
* **Our Minds Matter** - our programme of Mindfulness courses running across Fife schools to develop health and wellbeing in staff, pupils and their families
* **Mental Health Awareness Training** - We also deliver a variety of training courses for organisations, line managers and the general public on a variety of mental health-related topics
* **FEAT Trading CIC** - We have developed our own trading company to generate income for the charity and reduce our reliance on grant funding.  FEAT Trading are currently the lead agency involved in regenerating Silverburn Estate in Leven - looking to create a range of commercial and community activities from the 27-acre woodland estate on the Fife Coastal Path.

Further updates on FEAT’s activities are available at:

[www.feat.org.uk](http://www.feat.org.uk) [www.facebook.com/fifeemploymentaccesstrust](http://www.facebook.com/fifeemploymentaccesstrust) twitter @FEATinFife