Residents Supported into Employment

Examples of positive employment outcomes supported by Aspect Housing

Aisha, aged 32

Aisha was supported by Aspect Housing after experiencing domestic abuse, housing instability and reduced confidence. Support focused on safety, confidence-building, community engagement, English language learning and preparation for employment. She secured full-time paid employment with McDonald's and later progressed to a team leader role. She was also supported with move-on planning into private rented accommodation.



Nadia, aged 29

Nadia was supported by Aspect Housing while living in supported accommodation. Support focused on identifying suitable job opportunities, maintaining motivation and planning realistic next steps linked to work and independence. Nadia secured a 24-hour live-in care role near Churchill in Oxfordshire. She was also supported to consider accommodation options closer to the workplace to help sustain the employment opportunity.



Adam, aged 35

Adam was supported by Aspect Housing with emotional regulation, communication, daily routine, room organisation and confidence. The support was structured, calm and consistent, helping him engage better with support and focus on future goals. Adam secured part-time paid employment, representing progress towards independence and a more stable routine.



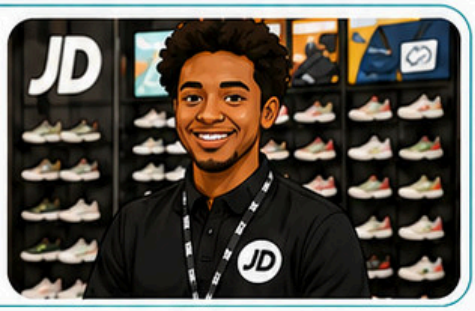
Michael, aged 41

Michael was supported by Aspect Housing to improve his employability and identify a realistic route into work. He was supported to enrol on a railway maintenance engineering course and encouraged to remain focused during the training. Michael successfully passed the course and moved into shift work, giving him increased routine, confidence and independence.



Ryan, aged 19

Ryan was supported by Aspect Housing after leaving the family home due to concerns about negative influences and gang involvement. He received support with job searching and employment applications through Indeed, alongside wider support to rebuild communication with his family. Ryan secured paid employment with JD Sports in London and was later welcomed back to live with his parents.





Resident names and ages are fictional.

Aspect Housing

Aspect Housing

GOOD NEWS STORIES

Independence, stability and brighter futures



Leon, aged 40

Confidence and stability gained

With support, Leon secured full-time employment at a recycling warehouse and was able to settle his housing situation. This positive progress has improved his confidence and helped him move toward greater stability and independence.

REAL PEOPLE. REAL PROGRESS. BETTER LIVES. BRIGHTER FUTURES.

Every day, our support helps people overcome challenges, build confidence and create positive change.

We're proud to be part of their journey.

Nadia, aged 32

Language barriers overcome

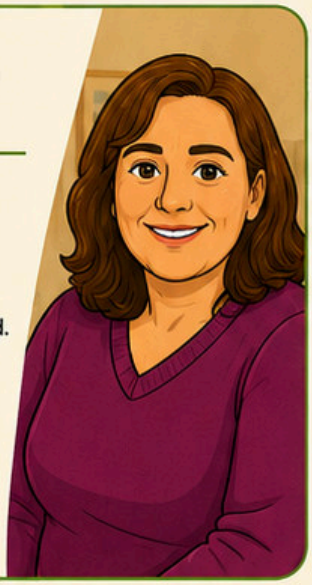
At first, Nadia faced communication barriers. With support from her worker and the use of AI tools, she grew in confidence and overcame those barriers. She is now moving into her own home and feels grateful for the help she received.



Patricia, aged 47

Support now in place

After a year of support, Patricia's care package has now been completed. She is receiving the support she needs in day-to-day life and says she feels more secure, settled and stable as a result.



Ryan, aged 34

Relationships improving

Ryan worked closely with his support worker on anger management. Through regular support and encouragement, he has become more positive and improved his relationships within shared housing, helping him live more comfortably with others.



All names, ages and portraits are fictional for illustration purposes.

Residents Supported with Mental Health and Wellbeing

Examples of positive mental health and wellbeing outcomes supported by Aspect Housing

Yusuf, aged 29



Yusuf moved into a supported accommodation property managed by Aspect Housing at a time when he was withdrawn and finding it difficult to trust professionals. Through consistent one-to-one sessions, he slowly rebuilt trust and confidence. He was later supported to register with Indeed and update his CV. Yusuf is now attending sessions, feeling better in himself and actively applying for jobs.

Lewis, aged 35



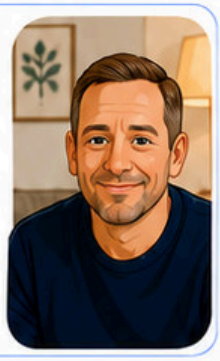
Lewis moved into a supported accommodation property managed by Aspect Housing while experiencing drug addiction which was affecting his mental wellbeing and stability. He was supported to engage with Birmingham CGL and attend appointments more regularly. Lewis has made positive changes within his accommodation, is keeping his room tidier and is showing growing motivation to continue moving forward.

Graham, aged 47



Graham moved into a supported accommodation property managed by Aspect Housing while experiencing high alcohol use, poor hygiene and difficulties maintaining his room. He was supported to engage with Birmingham CGL and build small routines around self-care and cleaning. Graham has reduced his alcohol intake and has made clear improvements in his wellbeing, self-respect and independence.

Gary, aged 45



Gary moved into a supported accommodation property managed by Aspect Housing while struggling with loneliness and anxiety, particularly in crowded places. His support worker introduced him to Living Well Consultants and helped him understand how to make a referral. Gary is now hopeful that this support will help him feel more in control, increase his confidence and reduce isolation.

Mohammed, aged 39



Mohammed moved into a supported accommodation property managed by Aspect Housing while using wider mental health challenges and not engaging with services. He was supported to access Birmingham Mind for specialist help. Mohammed has shared that he feels stronger in himself, more positive about the changes he is making, and believes his mental health is improving.



With thanks to our external partner agencies for their valued input and support, including Indeed, Birmingham CGL, Living Well Consultants and Birmingham Mind.

Resident names and ages are fictional.

Aspect Housing

Residents Supported with Mental Health and Wellbeing

Examples of positive mental health and wellbeing outcomes supported by Aspect Housing

01

Michael, aged 38

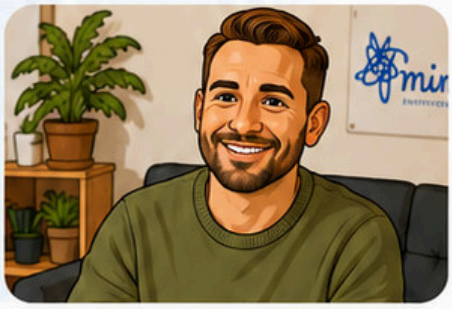
Michael moved into a supported accommodation property managed by Aspect Housing while experiencing depression, anxiety, alcohol misuse, physical health concerns and unemployment. He was signposted to Birmingham CGL for alcohol support and linked with NHS professionals. Since engaging with support, Michaal has reduced his daily drinking, feels more confident and is making positive steps towards improved mental wellbeing and stability.



02

Darren, aged 36

Darren moved into a supported accommodation property managed by Aspect Housing while experiencing depression, anxiety, emotional distress and a personality disorder. He was supported to engage with Birmingham Mind, where he was allocated a worker and helped to access medication. Since receiving support, Darren has become more relaxed, more open in conversation and is doing well.



03

Peter, aged 52

Peter moved into a supported accommodation property managed by Aspect Housing during a period of emotional distress and financial vulnerability. His support worker helped him regain control by accompanying him to the Jobcentre, arranging a food parcel and providing daily welfare calls. Peter felt listened to, supported and more hopeful about the future.



04

Amir, aged 31

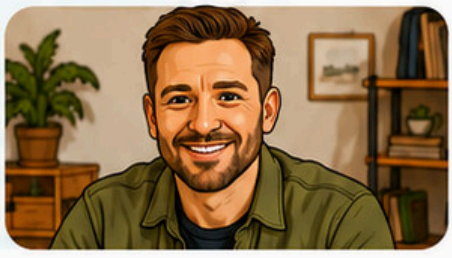
Amir moved into a supported accommodation property managed by Aspect Housing while facing stress, anxiety and wider mental health challenges. He received practical support with the UCAS process, budgeting and planning next steps. He was also supported with a move to a closer property. Amir is now feeling more settled, more confident and better placed to progress with his goals.



05

Nathan, aged 40

Nathan moved into a supported accommodation property managed by Aspect Housing while struggling with anxiety, drug use, missed appointments and budgeting difficulites. He was supported to engage with his GP, a specialist mental health agency, Birmingham CGL and Kings Heath Jobcentre. He is now more engaged with services, using healthier coping strategies and working towards a safer, more stable future.





With thanks to our external partner agencies for their valued input and support, including Birmingham CGL, NHS professionals, Birmingham Mind, the Jobcentre, UCAS and Kings Heath Jobcentre.

Residents names and ages are fictional.

Aspect Housing

Aspect Housing

GOOD NEWS STORIES

Housing, wellbeing and positive change



Daniel, aged 42

Move-on confirmed

During his first week, Daniel felt distressed about moving into council accommodation and struggled with the housing paperwork. With help from his support worker to complete forms and understand the process, he was accepted for a council flat and is now excited about moving into his new home.



Marcus, aged 38

Health and confidence improving

When Marcus arrived, he was dealing with alcohol misuse, depression, anxiety, physical health concerns and unemployment. Support included referrals to Birmingham CGL and NHS services. He has reduced his daily drinking, feels more hopeful, and is engaging positively with ongoing support.



Ali, aged 29

Stronger communication skills

Ali joined the service with limited English, which made communication difficult at first. Through translation apps, non-verbal support and signposting to learning resources, he has made strong progress in English and remains motivated to keep developing his skills.



Steven, aged 51

Successful move-on

Steven needed support to move on after six months in the service. His worker helped him complete a Birmingham Choice application, submit bids, request a mobility assessment and attend a pre-tenancy workshop. He has now moved on successfully and feels ready for the next stage.

All names, ages and portraits are fictional for illustration purposes.

Aspect Housing

GOOD NEWS STORIES

Wellbeing, routines and positive progress



David, aged 36

Mental health support accessed

David was experiencing depression, anxiety, emotional distress and a short temper. His support worker helped him access Birmingham Mind and medication support. Since engaging with services, he feels more relaxed, is more open in conversation and continues to do well.



James, aged 44

Positive lifestyle changes

James was struggling with hygiene, cleaning, bedding, showering and alcohol use. With regular encouragement and practical advice from his support worker, he has improved his hygiene, keeps his room cleaner, wears clean clothes and has stopped drinking alcohol for the past two weeks.



Matthew, aged 33

Building better habits

When Matthew arrived, there were concerns about his room, substance use, unemployment and managing money. Regular support helped him build healthier routines. He is keeping his room cleaner, reducing substance use, saving small amounts of money and engaging more positively.

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Aspect Housing

GOOD NEWS STORIES

Confidence, skills and employment

1 David, aged 38

Full-time job secured



In less than two months, David secured full-time employment at a recycling warehouse. Support included help with a housing application through Wolverhampton Homes and a DBS application. He later returned to personally thank his worker and is moving forward with greater independence.

2 Asmar, aged 27

Job and driving success



Asmar initially felt anxious about job applications and his driving theory test. With encouragement and practical support, he built his confidence, secured a part-time job and passed his theory test. These achievements have given him strong momentum for the future.

3 Hassan, aged 31

Daily routine improved



Hassan needed help with his daily routine, personal hygiene and keeping his room tidy. Through regular encouragement, structure and guidance, he has improved his routine, taken better care of himself and is keeping his room in much better condition.

4 Harry, aged 35

Healthier home habits



Harry needed support to build a washing routine and keep his room tidy. With encouragement from his support worker, he developed better home habits and now maintains a cleaner space. He says these changes have helped him feel better in himself.

Supporting people to build brighter futures

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Aspect Housing

GOOD NEWS STORIES

Pathways to independence



Sherry, aged 39

Ready for work

Sherry wanted to return to employment but needed more skills and confidence. She completed a digital skills course and became more confident using apps and online tools. She now feels job-ready and motivated to take the next step into work.



Moses, aged 28

Housing journey started

After three weeks of support, Moses began the social housing bidding process. With guidance from his support worker, he has started taking practical steps toward stable accommodation and feels hopeful and excited about the future.



Sherry, aged 41

Growing independence

Over three months, Sherry received support to understand and manage her service charges. This has improved her confidence and independence, and she continues working towards stable employment and a more secure future.

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