

Are you neurodiverse,
autistic, have ADHD,
or a learning disability?

Unlock your potential

Training & Jobs



www.nowgroup.org

NOW





Why joining NOW Group will help you

- Get one-to-one support to find and retain a job
- Learn new skills and achieve qualifications that will help you to become more independent
- Develop new social skills and meet new friends
- Feel more confident, capable and connected

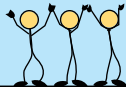
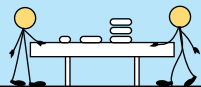
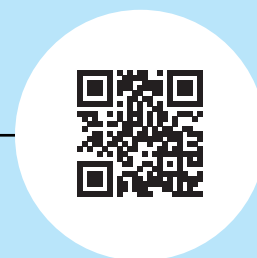
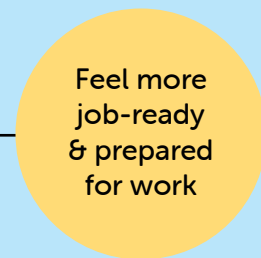
What we offer you

You can find our offices in Belfast, Dublin, L'Derry, Enniskillen and Omagh. We operate across Northern Ireland as well as the counties of Donegal, Dublin, Monaghan, Cavan, Louth and Meath delivering innovative programmes and services:

- Employment Support Programmes
- Training & Job Academies (Age 16+)
- NOW Connects Programme (Age 18+)
- In-Work Support
- Award-Winning Accredited Training
- Social Groups
- Family Service Programme
- JAM Card®

Step by step, how we help you on your career journey

- Feel more **connected** to your community
- Feel more **capable** due to your new skills
- Feel more **confident** and more job-ready



You will be welcomed to NOW, introduced to your support worker and get to meet the other people in your group

You can decide what social groups to join – choose your favourites from drama, art, football, creative writing or our brilliant Fandom forum

You will get advice on eating healthily and keeping active, plus support to enhance wellbeing

We will help you work towards achieving qualifications and celebrate your achievements

Our employment officers will support you in your current job or help you find new opportunities

To sign up scan the QR code
Or go to our website www.nowgroup.org



Employment Support Programmes & Training Jobs Academies (Age 16+)

We provide participant-led, tailored support for those seeking sustainable employment. Each participant in our academies is assigned an employment officer who guides them throughout their journey.

Participants must be aged 16+ and not be in full-time education.

Our jobs and training academies offer:

- One-to-one support
- Group activities
- Job clubs, CV writing and interview preparation
- Route travel training
- Accredited qualifications
- Individual work placements
- Workplace adjustments depending on disability

Our employment officers are located in all council areas of N.Ireland and in Dublin, which means we can support participants in their local communities.

Online meetings are available for those who require them.



NOW Connects (Age 18+)

People who are neurodivergent, autistic, have ADHD or a learning disability can improve their skillset in NOW Connects. You will develop your confidence and independence – and have increased awareness of your health and wellbeing.

Providing a positive and nurturing learning environment, this structured pre-employment initiative equips participants with all they need to progress into voluntary roles, work placements or supported employment services.

We provide training in basic literacy, numeracy and ICT skills along with soft skills training including money management, time awareness and being able to travel independently.

To be eligible for a place, you must be aged 18+ and engaging with the relevant N.Ireland Health Trusts or the HSE in Ireland.



Get In-Work Support

Our In-Work Support Programme helps employees with health conditions and disabilities thrive in their employment. It is tailored to individual needs and offers varying levels of support.

It also provides advice and guidance to both employees and employers regarding reasonable adjustments in the workplace.

Award-Winning Accredited Training

NOW Group's training programmes are recognised as among Europe's best and offer a wide range of accredited and non-accredited courses aimed at boosting employment opportunities.

All students on our college accredited courses get work placements which means they benefit from combining theoretical learning with practical on-the-job experience. Participants like being in a real workplace, find it motivating and the industry-specific skills invaluable.

Our non-accredited courses improve employment prospects. They focus on professional development and personal skills, building in independence and resilience.



Social Groups

Our social groups provide a safe environment for participants to socialise and engage in activities they enjoy, including drama, art, creative writing, football, and Fandom.

Fandom

Fandom is a social forum specifically designed for young adults with autism and neurodiverse conditions. Started in 2015 by one of our members, this hugely popular platform lets people connect over shared interests in gaming, comics and movies.

NOW Group has supported the growth of Fandom and there are now adult groups and Fandom Juniors groups across the country.

In 2023 Fandom launched Fandom Con, a gaming and cosplay convention which has been featured across N.Ireland media and in Dublin. An instant hit, it proved so popular that organisers had to move it to a larger venue. Open to all ages and interests, more than 1,000 enthusiastic attendees attended the most recent event. Check our website for events near you.



Family Service Programme

This NOW Group service supports families with a parent who has autism, ADHD, a learning difficulty or neurodiverse condition and is expecting a baby or has children up to the age of five.

It offers:

- Tailored one-to-one support
- Confidence building and parental development skills
- Peer support opportunities to develop positive relationships
- Access to training, volunteering, and job services
- Currently only available to families living in N.Ireland



**You show it.
They know it.**

Use our JAM Card® – the easy way to let people know you need 'Just A Minute' of help

People can't always tell just by looking at someone if they have a disability or health condition – which makes it much harder to know if they need help.

If asking for assistance is something you worry about, then JAM Card® will ease your anxiety and make day-to-day life, whether at work or out and about, easier to navigate.

Developed for and by people with disabilities, it is a discreet way to break down communication barriers. As soon as you show your JAM Card®, other people know you need a 'Just A Minute' of patience and support and are trained to provide that.

JAM Card® is available either as a physical card or digital App, which means users choose when they show their JAM Card®. It is also available as a lanyard.

To get a JAM Card® or download the App go to

www.jamcard.org

Why do so many people prefer NOW Group?



"Now Group helped me get a job, and I'm still here, enjoying a fantastic work experience. I found my position through their partnership program. I'm loving the wonderful learning experience."



"The support my keyworker gives me is amazing. I feel less stress and pressure in work as I'm able to talk through any issues with her before voicing them to my manager. It's so nice to have a friendly, understanding person who provides help and support without judgement."



"I thought I couldn't do that or I wouldn't be able to but the NOW Group has given me so much confidence that I now know I can do certain things, and feel supported."



"NOW Group is helping me gain confidence, further training, and support to break down the social barrier that I struggle with, guiding me in the direction of future employment."

Check out our YouTube Channel to see and listen to more stories from individuals just like you!



NOW



Three ways you can contact us

1. Go online and complete our training and jobs form

www.nowgroup.org

2. Email us at

trainingandjobs@nowgroup.org

3. Telephone us on

N.Ireland: 028 9043 6400

Ireland: 089 613 6876

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UK Government



Belfast Health and Social Care Trust



Western Health and Social Care Trust



RETHINK IRELAND