

Other information	Website: www.incorpora.org Social media: - Facebook - Twitter Dissemination actions consist of current news being published on the website. Available in Spanish and Catalan.
Contact	Email application form on website

vii. Prelaboral Services: Solidarity furniture restoration experience - Spain

Organisation	INTRESS 
Location and timing of practice	The project started in 2019 and was developed in Catalonia, Spain. In Catalonia Intress has two Prelaboral services, one it is in l'Alt Urgell (La Seu d'Urgell), the other one it's in Vallès Oriental (Granollers). Both services share the same goals and methodology.
Title	Prelaboral Services: Solidarity furniture restoration experience
<p>Objective:</p> <p>The Prelaboral is a specialised social community service in coordination with public social services, as well as public and private mental health services and other training and labour services. The work of the Prelaboral services, as a job training and employment service, is to attend people with social problems as a result of a mental health issues, in order to teach and train them to increase and improve their social and labour skills and employability with the aim to facilitate their workplace insertion. The Servei de Rehabilitació Prelaboral is managed by INTRESS (Institut de Treball Social I Serveis Socials). The Prelaboral works with individuals from 16 years old and onwards.</p>	
<p>Detailed content:</p> <p>The aim is to train and qualify the users (those with mental health issues) teaching them basic work skills to increase their possibility of employment. The goal is to be a reference service in help people with mental health issues who wants to recover and improve their social and employability skills in order to introduce or reintroduce themselves in the labour market.</p>	



The population with mental health issues which need to improve their skills arrive to Prelaboral, mostly, though referral from mental health services.

The principal aim of the Prelaboral services is to offer training workshops in order to help individuals with mental health issues improve or acquire functional social and employability skills.

The programme they offer is made up of five different areas, three of them about training social and employability abilities and two of intervention:

- Workshops on basic work and instrumental skills.
- Workshops on attitudinal and social abilities.
- Labour counselling, employment guidance and job searching sessions.
- intervention with families to communicate the importance they have in supporting the mental wellbeing of the individual accessing the services
- individual sessions tracking the improvement of skills and any difficulties

Evaluation of results:

Some examples of the different services that Prelaboral offer are: the restoration of garden benches, dining chairs, trunks, etc. produced for sale. (<https://www.grapats.com/>)

The Prelaboral works with population from 16 years old and onwards. Especially in the youth population they observe additional difficulties in their rehabilitation process. Some of these are:

- Interruption of the educational stage due to the onset of the mental health issue
- Weak professional orientation because of the life period in which they are
- Professional training interrupted for the same reason
- Low self-esteem, that may be affected by the perception of being different or for being socially isolated for example

With all users, but especially with the youth group, they work using a Service-Learning methodology.

This initiative is highly transferable and seeks to be a reference within the Spanish territory.

What makes it a good/best practice?

This service seeks to be a reference within Catalonia and Spain. It is based on the innovative Service-Learning methodology and can be applied in many collaborative projects. Learn by offering a service to the community. In Service-Learning, students identify in their immediate environment a situation whose improvement they commit to, developing a solidarity project that brings into play knowledge, skills, attitudes and values. It is an educational practice in which students learn while acting on real needs in order to improve it.

This pedagogy integrates the community service with education or training workshops as well as self-knowledge, as a way to enrich the learning experience. This methodology also teaches



citizenship, encourages social involvement and strengthens the common good of the communities.

How can it be adapted to VET?

Although aimed at the general public, the practices within the Prelaboral Service project can be adapted into VET.

The activities from Prelaboral Service can be adapted into these VET courses, but also offered as an additional activity for all students.

The main focus of the Prelaboral Service project is to address and improve mental health by participating in mindful activities, in this case furniture restoration. In vocational education this activity can be accompanied with advice and lessons about the beneficial activities to improve mental health - being creative, participating in a regular activity, etc. – all of which are addressed in the Prelaboral Service project by a specialised social community service but this can also be adapted to different creative activities.

Having students working together and supporting each other towards creating furniture or other restoration tasks, whilst learning about positive mental health strategies, is an activity that could be adapted into many VET organisations.

Other information

Website: <http://www.intress.org/>
Social media: [Facebook](#)
Dissemination actions have mostly been through a [blog](#).
Available in Spanish and Catalan.

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