

A summary of our aims...

- To promote positive mental health, recovery and wellbeing
- To expand the principle of early intervention to improve long term outcomes
- To offer a modern approach, responsive to the needs of the local community
- To provide accessible, personalised services and a choice of tailored support
- To promote self care opportunities, supporting individuals to maintain hope, realise their potential and fulfil personal goals
- To work in partnership with individuals who use our services to develop and facilitate services, valuing their role of "expert by experience"
- To work against stigma and discrimination to promote positive identities and public awareness
- To ensure that we are culturally competent and meet the needs of all communities
- To help access opportunities and promote social inclusion



**For better
mental health**

**Please contact us for
further information**

**Wellbeing & Recovery Centre
Chorley South Ribble & Blackburn Mind**
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Telephone. 01257 260714

Service Delivery Manager
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General & Volunteer Enquiries
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Chief Executive: Mark Lunney MCMI
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Opening Hours

Monday to Friday, 9.00am to 5.00pm.

Regular weekend and evening activity is available.
Please see the notice board or the website for
a detailed plan of services.

www.csrmind.org.uk
Charity Number 1081427



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mental health**

Chorley South Ribble & Blackburn Mind Ltd

**Chorley & South Ribble
Wellbeing
& Recovery
Centre**

**Promoting
Positive
Mental Health**

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About the service

We are part of Chorley South Ribble & Blackburn Mind. The Wellbeing & Recovery Centre is aimed at residents within the borough of Chorley and South Ribble.

We offer:

- Information, signposting and brief advice
- Personalised 1-1 wellbeing assessment and support
- Mental health and wellbeing workshops and support groups
- Volunteer and facilitator/service user led opportunities
- Bespoke training around mental health and wellbeing
- Social inclusion and activity groups
- Clinical input to ensure appropriate outcomes

Facilities & Working Partnerships

We have a range of facilities within our centre which include private meeting rooms and conference facilities along with kitchen and garden facilities. We also have onsite parking available. We often work in partnership with organisations whose services may be of benefit to individuals who use our service. Our facilities may be used by partner organisations for the benefit of individuals who use our service or the local community.

All partners share our aims and objectives and will maintain our policy on confidentiality. We may also work from other venues within the local community to improve access and promote social inclusion.

Access

- We are open access for individuals aged over 18 (referrals for 16 to 18 year olds will be considered on an individual basis)
- We support individuals who feel that they may be at risk of, or have direct experience of mental health, or emotional distress
- You can self refer to our service or be referred by a carer or other professional, with your permission
- If you are involved with the Care Programme Approach (CPA), your Care Co-ordinator needs to be involved in completing your referral
- We can work with you, your carer or other professional support networks on your behalf

What to expect

Referral

A referral form will be completed by a support development worker or a mental health professional with your involvement. We aim to agree an appointment with you within two weeks.



Needs & Personal Goals Assessment

We will complete a wellbeing assessment with you and discuss your personal goals. We will discuss available support options with you.



Support Planning & Review

We will record your agreed personal goals and how you aim to achieve them. We will agree a plan of support with you. We will support you to maintain your plan of support and agreed programme of activity. Together we will regularly review your progress.



Reaching Your Goals

We will record your outcomes for monitoring of our service. We will support you to agree a plan of self care. We will support access to community facilities and socially inclusive activities.



What Next

You can become a member of our organisation. You can participate with our socially inclusive activities and peer support groups. You can become an expert by experience. You can explore volunteer or employment opportunities.

Workshops, Support Groups & Complementary Services...

- We aim to respond to individual needs of those who use our service therefore workshops, groups and services may vary over time.
- For an up to date list of what's on offer, call in and view the notice board, telephone or visit our website for further information.

Regular services include:

Wellness Recovery & Action Planning (WRAP)

- Create your own plan to maintain wellbeing, to relieve unpleasant feelings and develop new support networks and coping strategies. This is an 8 week workshop.

Computer Based Cognitive Behaviour Therapy (cCBT)

- A self help computer programme that works on problems specific to you and helps you to identify your own realistic treatment goals.

Hearing Voices Group

- An open group for individuals to share their experience of auditory, visual or other sensations. The group meets on a weekly basis.
- We are a registered Hearing Voices Group with the Hearing Voices Network.

Self-harm Group

- A group for individuals to share their experience of self-harm.

Police & Communities Together (PACT)

- Meet with the neighbourhood policing team in a relaxed environment, receive helpful guidance and advice around safety matters and work together to create a safer neighbourhood in your local area.

Socially Inclusive Activity Groups

- To suit a range of needs - contact us for further details.