

Mental Health Matters

Commissioned to provide
recovery and wellbeing in
October 2017

by

Leicestershire and
Rutland County Council

mhm
mentalhealth**matters**[™]


Making Space
Health & Social Care Services

Areas covered:

- ❖ Rutland
 - ❖ Melton
 - ❖ Charnwood
 - ❖ North West Leicestershire
 - ❖ Hinckley and Bosworth
- (including all surrounding villages)

The Service

mhm mental health wellbeing
and recovery service

has been established for over 32 years to help
people who are struggling with mental conditions
and need information, support and advice.

mhm aim to enable each individual to recover
and/or move towards their own independence
and well-being.

Our service can help by;

- ❖ Increasing the persons sense of control over their mental health and wellbeing
- ❖ Increasing their personal empowerment
- ❖ Guiding and assisting them to achieve their goals
- ❖ Helping the person to live a meaningful and valued life within the community

The service is for

- ❖ anyone aged 18+ information, advice & navigation to support emotional and mental wellbeing helping access the right services for each individual.
- ❖ a diagnosed mental health need, mhm will offer one-to-one (6-12 weeks) programme of support and group support.

What we do

Information, advice and guidance

We offer information, guidance, which will enable the service user to access and navigate mental health and wellbeing services in their local community.

We will explore the options available together; benefits, relationships, volunteering, housing, socializing, health and exercise.

We will discuss relevant coping strategies.

We run regular pop-up/drop-in information and advice sessions around the Rutland area.

What we do

Community Recovery Support

A goal oriented, short term support (max 12 weeks)

1:1 Community Recovery Support with a trained Recovery Worker, who will work with the service user to improve their mental health and achieve their personal goals.

Examples include:

- Supporting somebody into volunteering
- Working with somebody to help them with their anxiety
- Supporting somebody to attend their local leisure centre

What we do

- Various support groups to help you learn, gain skills, build peer support networks to enable people to live life to the full and take part in activities and opportunities along with everyone else in their community.
- Mindfulness for Anxiety sessions, 2nd Thursday of the month at Voluntary Action Rutland, 1pm-2pm

In Rutland

Day	Time		Location	When
Monday	11.30am- 12.30pm	Mental Health Natters	The Falcon Hotel, Uppingham.	Fortnightly (from 23/07/2018)
Monday	2.30pm – 4.00pm	Drop In	Oakham Library	Fortnightly (from 23/07/2018)
Thursday	1.00pm – 2.00pm	Mindfulness sessions	VAR, Land's End, Oakham	2 nd Thursday of every month 12/07/2018

Referral process

- No referral necessary to attend the drop ins, just pop in and refer themselves to mhm.
- For 1:1 and group support are for Service Users. A mental health diagnosis is needed (can be from a GP)
- Other agency referral – Lets Talk Wellbeing, Turning Point, etc.
- To self refer, contact the referral line: 0300 323 0189 to complete a referral over the phone, or visit the website and complete the referral form and email to: leicestershire.andrutlandmhm@nhs.net

Next steps

- Once a referral has been completed, the service user will be contacted within 2 days to discuss their needs and the bespoke support mhm can provide.
- Where necessary, an appointment is arranged either in their home or local community, depending on where they feel most comfortable.
- If the service user wishes to proceed with the support, together with the Recovery Worker they will set up a support plan, looking at their goals and steps needed to take to work towards that goal together.

Helpline: 0300 323 0187

- We offer a **24/7 helpline**. The Helpline can give a feeling of relief, wellbeing and peace of mind. A non judgmental service is confidential unless we consider there are at risk to themselves or others.
- The Telephone Helpline consists of a team of highly trained and experienced support workers who use counselling skills to provide emotional guidance and information.
- Someone might choose to call us if;
 - they may be feeling low, anxious or stressed and feel talking to another person might help them cope,
 - In extreme emotional distress and feel that there is nowhere else to turn,
 - A carer who is finding it difficult to cope.

Examples of support

- Service user wanted to socialise in Rutland, and stated there wasn't much to do. Service user was encouraged to set up a games group in Oakham, which is still on going on at the weekends.
- Service user wanted to work with lions in Africa. This was a challenge, but is now volunteering every day at the local cattery.
- Service user was keen to understand mindfulness for anxiety issues. Service user is now attending mindfulness monthly group at VAR
- Service user wanted to use their digital skills within the community. Service user is now a Digital Champion with AgeUK.
- Service user was struggling with weight control, a referral for 1:1 support at local leisure centre was put in place.

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QUESTIONS and ANSWERS

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Office details

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Mental Health Matters Working in Partnership with Making Space

