

REDBRIDGE MENTAL HEALTH DAY OPPORTUNITES

Referral Criteria

To be eligible for the service you must:

- Be a London Borough of Redbridge resident
- Be over 18 years old
- Be on a CPA or be under secondary care services
- Be aware of the referral being made

Please note we do not accept self referrals and will require a completed risk assessment for all referrals

We do also provide short term support, advice and signposting to people who are in primary care.

To access Imagine services:

Please contact Imagine directly or speak to your Care Co-ordinator / Support Worker / Care Team for a referral to the service.

A completed risk assessment will be sought.

Contact Details:

Imagine Redbridge, 852 Cranbrook Road, Barkingside, Essex IG6 1HZ

Telephone: 0208 551 5314

E-mail:

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mchana@imagineindependence.org.uk

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Imagine is a registered charity number 1010203
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WEBSITE:



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1:1 Recovery Support Work & Social Inclusion Work

Working on a one-to-one with Recovery Workers we aim to encourage people who have mental health issues through their recovery. We offer a person-centered and goal focused approach, tailored to individual needs and support requirements.

This is a time limited service: after 12 weeks 1:1 work a review takes place and work can be extended if this is mutually agreed as being beneficial. Those on a CPA can receive 1:1 work for up to a year. For others the length of service is determined by individual need.

1:1 support to identify recovery goals:

- Managing mental health
- Taking care of your physical health
- Improving living skills e.g. budget management
- Encouraging social inclusion and independence including
- Arts and creative activities
- Sports/leisure activities
- Faith/cultural activities
- Education e.g. IT courses, college, university
- Signposting and support

We can meet you in the office, or community venues and can do home visits when needed.

Group Activities (Peer / Staff Lead)

We encourage people accessing the service both currently and previously to take an active role in facilitating and leading groups and activities.

The aim of peer-led groups is to empower people to become involved in the running of their own group.

All those attending Imagine groups are encouraged to take responsibility for themselves can engage in activities in assisting in their recovery journey.

Activities are developed based on your needs & interests:

- Sports and fitness groups
- General interest groups
- Support and advice drop in Hubs (on site)
- Recovery Groups (on site)
- Hearing Voices support (on site)
- Arts, Culture, local events
- Social (e.g. Brunch Club, lunch, walking groups)
- Men's /Women's group

Staff will support and signpost people in accessing discounted in accessing discounted schemes in relation to recovery or health-related activities.

In order to encourage independence we do endeavor to run the majority of groups off site using local community facilities.