

Northampton & District Mind's
Global Objective:

*"To promote mental health; prevent
mental ill-health; help those in distress;
work to empower people in their own lives and
in their participation in the community at large
as valued citizens"*

OPENING HOURS

MONDAY 9.30 - 12.30

TUESDAY 9.30 - 2.00

WEDNESDAY 9.30 - 12.30

(Courses) 1.00 - 3.00

THURSDAY 9.30 - 2.30

FRIDAY 9.30 - 2.00

Daventry Mind
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Daventry
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NN11 4GH

TEL: 01327 879416

(24 hr answerphone)

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Service Manager: Mary Doyle
Staff: Liz Cross, Sally Daniels
and Sheila Mears

 **mind** | Northampton
and District | in Daventry
for better mental health



Daventry Mind

Committed to Recovery & Social Inclusion



Daventry Mind is a service that is based in Daventry town centre; offering support to local people that find themselves with prolonged and distressing mental health experiences.

The service works to a semi-structured framework which enables people to gain the skills and knowledge that helps them to take control of their own lives.

We encourage people to actively get involved in their own mental well-being by:-

- Learning New Skills
- Personal Responsibility
- Meaningful Goals
- Self Management
- Self Awareness
- Hopes & Optimism
- Aspirations of Lifestyle

Individuals can work towards achieving their own personal development and learning within a relaxed and supportive environment.

We also offer a broad range of informal recreational and social activities which help people to interact with others and provides the opportunity to develop different interests and hobbies both within the service and in the local community.

How to access the service:-

- Individuals can be referred by their GP, CPN, Social Worker or another agency. An appointment will be made time set side for the individual to discuss with a member of staff how best their needs can be met.
- Alternatively, individuals can self-refer. This can be done through coming along to the service or phoning to make a appointment to discuss the best way forward.

If the referral is acceptable to both parties, the individual will be asked to complete a referral form and to provide a copy of their most recent support/ care plan and risk assessment if they have them. People in receipt of an individual budget will be required to use this to access the service

Attendance:- (Individual choice)

We recognise that every individual that accesses our service has different hopes, aspirations, and optimism towards their own lifestyle.

Through partnership and working together we can identify your needs and strengths and work to achieve your personal development, progression and recovery.