

Northampton and District Mind is.....

.....A local voluntary organisation affiliated to Mind (National Association for Mental Health) which is the leading mental health charity in England and Wales. Locally we provide a range of services to promote the progression, development and recovery of individuals who experience a mental health problem who live in Northampton, Daventry, Brackley, or South Northants.

Global Objective:

“To promote mental health; prevent 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.”

This informs all of our policies, structures and activities.

CONTACT DETAILS:

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Self Directed Support Services

Committed to promoting Individual Choice,
Recovery & Social Inclusion

All Mind services have an under-pinning value-base of promoting Individual Choice, Recovery & Social Inclusion

Self-directed support is the name given to a way of redesigning the social care system so that the people who access services can take much greater control over them. Direct payments and personal budgets give people who use social care the opportunity to control the resources allocated to their support.

The underlying principle of self-directed support is the development of a culture and the tools to enable people to take greater control of their lives and the support they receive, so that they can make the decisions and manage their own risks. This puts people at the centre of assessing their own needs and tailoring support to meet those needs.

Northampton and District Mind offers a range of services to support people to meet the outcomes that they have identified that they would like to achieve. Individuals can pick from the 'menu' of services below, or they can plan a bespoke package of care with one of our staff.

All services are competitively priced and can be paid for using a direct payment or an individual budget. Contact us for a full price list.

Peer Support Services: Social, recreational and practical support and activities in a mutually supportive environment/community locations.

1-1 Practical Support: Assistance with support planning by an individual named worker, advocacy support at reviews, information and guidance, telephone support and 1-1 emotional support.

Self-Management Groups: Groups aimed to assist the development of strategies to manage mental distress and maintain good mental health. (e.g. Anxiety, Anger, Voice-hearing, and Depression Management. Assertiveness, and Confidence Training and Wellness Recovery Action Planning (WRAP) groups)

Healthy Living and Activity Groups: Daytime support to access the gym, swimming, health walks, golf, sports clubs., etc.

Daily Living Skills: Groups aimed to assist people to learn, regain or improve daily living skills (e.g. cooking and food preparation, budgeting, the effects of food on mood, healthy eating, and domestic skills).

Community-Based Recreational Activity Groups: Support to access the theatre, cinema, bowling, museums, etc. (not an exhaustive list, as groups are demand driven)

Practical Support to assist form-filling, debt management, access education, or training opportunities, budgeting, daily living skills, staying independent, and 1-1 advocacy.

***Pick & Mix Package*:** A self selected mixture from any of the above services, tailored to meet the hopes and aspirations of each individual.

1-1 Community Access/Personal Assistant Service: Tailored 1-1 support according to individual hopes and aspirations.

Educational Groups: Adult numeracy, literacy, I.T., and education classes

Work/Volunteering Support: Support to access/direct opportunity to participate in supported volunteering/ work placement.

Support Brokerage: Helping individuals to find out about what is available and think about the advantages and disadvantages of the different choices available, from the individual's point of view. Providing some or all of the assistance in running a budget. Assistance to develop the support plan and negotiate funding.