



## Community Network Activities

The Community Care Trust Community Networks aim to support each person to maintain their mental health and wellbeing, to live well and to realise their full potential. We will work with you to identify how best we can do this. We do not seek information from other people about you before we meet as we believe that you are the best person to give the information of most relevance to you.

Name .....

Address .....

.....

.....

.....

Email ..... Tel. ....

Please indicate how you would like us to contact you:

- Appointment letter: yes/no Where would you like your first appointment to take place?
- Telephone call: yes/no Most convenient time to telephone you.....
- Email: yes/no

How did you hear about us? .....

Please read the information about our network activities on the back of this form and tick any of the following list of activities you might be interested in:

Women's network      Men's network      Educational & Vocational activities

Community social groups      STR support      Life coaching

Sport and healthy living activities

Your signature: ..... Date: .....

## **Support, Time and Recovery (STR)**

The aim of STR is to support each person to manage their mental health, to live a life which is satisfying and has personal meaning and to be a part of their local community. STR workers encourage the development of strategies for staying well, provide practical support where needed, support access to the opportunities available in local communities for education, employment, sports, arts and other important areas of life. They spend time getting to know each individual and supporting them to define and achieve their goals.

## **Women's and men's networks**

The networks offer opportunities for the creation of new friendships and mutual support through informal contact and a range of facilitated activities and social events. Network members decide what activities they wish to take part in. Some of these they arrange themselves whilst others are facilitated by a development worker. Regular 'welcoming groups' are held in hotels and cafes and a newsletter keeps members informed about forthcoming events.

## **Community, social, sports and healthy living activities**

These groups meet in a range of locations and cater to various interests. They include informal coffee groups, sports activities and outdoor pursuits, and the exploration of local amenities and attractions.

## **Educational and Vocational Activities**

A range of educational and vocational activities are available to support people in gaining the confidence and skills to further their interest in education or to find work. Some of these activities are provided on our premises but we also signpost people when other organisations can provide the appropriate expertise to meet individual needs.

## **Life coaching (Torbay only)**

The life coach works with people to identify clear goals and develop key skills to enable mental health and wellbeing and the achievement of a satisfying and personally meaningful quality of life. This service is particularly for younger people who have had no previous contact with any service and may be reluctant to seek help to improve their lives.

## **If you would like to find out more please send your completed form to:**

*If you live in Teignbridge:*

The Haven  
8 Hanbury Buildings  
Bradley Lane  
Newton Abbot  
TQ12 1LZ

*If you live in Torbay*

STR Hub  
Abbey Road Resource Centre  
87 Abbey Road  
Torquay  
TQ2 5NN

### **Or contact:**

The Haven Team  
Telephone number: 01626 335796

Mike Ferguson  
Telephone number: 01803 292491