



COMMUNITY NETWORK (DAY OPPORTUNITY) SERVICES INFORMATION FOR CARE COORDINATORS AND 'SIGNPOSTERS'

The Community Care Trust provides a wide range of community network activities across Torbay and Teignbridge. These include:

- **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 groups**

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.

- **Centre based activities**

Some activities take place in our own premises. These include 'drop in' sessions where food and companionship are provided by others who use the service. They also include a range of educational activities to support people in regaining confidence and skills.

- **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 experienced significant mental health problems but can be available to others.

These services are available by direct access by which we mean that no formal referral is required from a '3rd party'. To ensure the best use of and continuing safety of the service for the people who use it we ask colleagues working elsewhere in the mental health and wellbeing networks to familiarise themselves with the points made overleaf.

The community networks are available by direct access (ie no referral is required). The attached introduction form is intended for use by the person seeking support and should be completed by them.

On receipt of the form a STR worker will make contact with the person and arrange a first meeting. At that meeting there will be a discussion about what the person is looking for and what the community networks can offer. This discussion will include a simple, self completed safety assessment form. Where there are safety concerns, the worker and person seeking support will draw up a safety plan. This plan may include making contact and working with colleagues in other parts of the mental health and wellbeing networks.

Care coordinators and other practitioners who direct people towards the community networks should be aware of this self reporting approach to safety planning. The introduction form should not be used where there are concerns that the person seeking support may not be able or willing to disclose information which is relevant to their safety or that of other people (including community network staff and volunteers and other people using the services).

Where there are such concerns, please contact staff at the appropriate community network address on the form. We will arrange for a STR worker to meet with you and the person seeking support to discuss safety needs, draw up a safety plan and agree how we will work together to ensure the safety of the individual and other people using and working in the service.