

Life Matters Carlisle Summary Stakeholder and Referrer Information

The following services and groups are now operating across Carlisle and District to provide support for people who have, or may be at risk of mental ill-health. They can be accessed directly and offer a wide range of opportunities and support to help people to live well, improve mental health and maintain wellbeing. Life Matters is the umbrella brand name for the Adult Mental Ill-Health Prevention project, funded on a grant basis via Cumbria County Council through NHS funding transferred to the local authority for expenditure on services which deliver a health gain, as a pilot to October 2013.

Carlisle Information & Advice Hub

**Croftlands Trust, 9 London Road (Charity Shop) and Opening Doors,
Carlisle CA1 1TF**

01228 810888 or 07525 224594 (Julia Leyland)

jl@openingdoorscumbria.org.uk



Croftlands Trust has been a third sector provider in Cumbria for 25 years and due to this has acquired specialised knowledge of Mental Health conditions and the operations of the professional Mental Health systems. As an organisation we are actively promoting the 5 ways to wellbeing and are committed to promoting improved wellbeing to the people of Cumbria. Our information and advice hub will be available to the general public and to GP practices in Carlisle.

Space is designated within our charity shop on London Road to display literature and information regarding mental health awareness, self help, prevention services and formal and informal support services available within our local community. A drop in advice surgery will be offered at set times during the week within our Lancaster Street project. The advice sessions will allow informal drop in facility where confidential one to one advice and signposting to support services will be available from a specialist advisor.

Suicide Prevention Training

Carlisle Eden Mind, Rowan House, St Andrew's Place, Penrith CA11 7XZ

01768 899002 • phil.robinson@cemind.org • www.cemind.org

The World Health Organisation records suicides as preventable deaths and a more positive message can be carried to those at risk as we build suicide safer communities.

This project is built on 3 internationally recognised and proven courses developed by Life Works of Canada (See <http://www.livingworks.net/>) • *SuicideTALK* • *SafeTALK* • *ASIST (Applied Suicide Intervention Skills)*

These courses give an opportunity to practice skills in talking to someone at risk, making a suicide intervention in a person-centred way, finding suicide prevention resources from all sectors and provide an opportunity to focus on their own and others' attitudes to suicide. The courses also examine existing support resources available in your local area, which are highly transferable to other areas.

suicideTALK explores our own attitude to suicide and helps look at how suicide prevention could be tackled in our communities if only to pledge to talk about suicide to people you know.

safeTALK & ASIST courses give an opportunity to practice skills in talking to someone at risk, making a suicide intervention in a person-centred way, finding suicide prevention resources from all sectors and provide an opportunity to focus on their own and others' attitudes to suicide. The courses also examine existing support resources available in your local area, which are highly transferable to other areas.



Employment Support

Cumbria Employment Development Service

Making Space, 1 Aglionby Street, Carlisle CA1 1LE

01228 539985 • Monday to Friday 9.00am - 5.00pm

The service will provide access to employment support and support aimed at achieving / maintaining meaningful activity to prevent deterioration / improve an individual's wellbeing.

It will include a range of interventions, ranging from the provision of information / signposting to group based support and short term 1:1 support.

Interventions will include:

- Job Clubs
- Group Sessions
- Telephone Support
- Support delivered via Text Messaging
- Signposting to other support providers
- Peer / Volunteer Support
- Confidence Building training
- Where possible supporting people to gain qualifications
- Future support needed once in employment & who/how it will be provided



Individual support and Courses

Moving on Support Scheme

Carlisle Eden Mind, Rowan House, St Andrew's Place, Penrith, Cumbria CA11 7XZ

01768 899002 • wendy.white@cemind.org • www.cemind.org

The Moving on Support Scheme will use a Health Champion model via volunteers or paid workers to enable people to make lifestyle changes that promote their health and wellbeing. We will work with individuals referred to the project for between 3 to 12 months depending on need. The majority of the work will happen in community settings, or where necessary at the clients own home or in accessible office space.

The type of support delivered covers;

- Helping individuals to identify how behaviours affect their wellbeing.
- Supporting individuals to develop individual action plans.
- Helping individuals to change and maintain behaviour and lifestyle.
- Preparing for setbacks and difficult situations

Carlisle Eden Mind will also offer the following Mental Health specific tools;

- WRAP (Wellbeing Recovery Action Planning) to support people to specifically plan around their mental health and relapse prevention.
- Our own 25 point Wellbeing Review. A key tool used to guide interventions with clients around the key determinants of wellbeing.
- The 'wellbeing discussion kit'. A simple and engaging tool based around the 'Five ways to wellbeing' to encourage lifestyle change.



Bridge-Building Structured Group Courses

Croftlands Trust, Opening Doors, Lancaster Street, Carlisle CA1 1TF

07841 743594 or 01228 810888 (Louise McGough)

lm@openingdoorscumbria.org or 07795 833583 (Julia Leyland)

jl@openingdoorscumbria.org

Delivery of structured group courses available to individuals with mental health disorders including psychosis. The courses are structured to enable people to explore their own mental health issues in a safe and supportive environment.

The courses were co-designed with services users of our Community Bridge Building tertiary support service and have a strong focus on:

1. Managing Distress
2. Developing robust long term coping strategies
3. Building Life Confidence
4. Improving Overall Wellbeing

Group courses are on average around 8 to 10 sessions lasting approximately 2 ½ hours per session and are designed to address the following issues:

- Continuing disruption of everyday life
- Inability to cope with distressing feelings
- Moderate risk of self-harm
- Suicidal thoughts and feelings



Courses include:

1. **Moving forward**:- Understanding your own mental health issues, identifying triggers and early warning signs, finding hope, overcoming personal barriers, building on strengths, exploring wellbeing tools, developing long term coping strategies and person centred recovery planning for a better future.
2. **Anxiety Management**. Recognising the problem, indentifying triggers and early warning signs, controlling physical feelings, controlling worrying thoughts, relaxation techniques, building life confidence.
3. **Stress Management**. The stress response, being aware, applied relaxation, distraction techniques, graded practice, being assertive, coping in the long term.
4. **Improving self-esteem and social confidence**. Understanding origins and maintenance of low self esteem, changing negative core beliefs, minimising setbacks, building social confidence.
5. **Understanding Hearing Voices**. Understanding you are not alone, 3 phases of HV, exploring belief systems, identifying your triggers, short term and long term coping strategies, understanding your own experience
6. **Understanding Self Harm**. Understanding why people use self harm to manage emotional distress, Living with self harm - staying safe, identifying your triggers, short term and long term coping strategies, using change plans, recovery planning

Activities

Singing for Wellbeing

Prism Arts and New Arts North, Prism Arts,
Unit 003 Warwick Mill Business Village,
Warwick Bridge, Carlisle CA4 8RR

01228 564571 (Mon-Thurs) • office@prismarts.org.uk
www.prismarts.org.uk



Prism Arts in partnership with New Arts North, are offering a range of activities. These are designed to help you cope, gain confidence and keep a sense of control. Our courses are open to everyone regardless of their disability or health condition, and designed so that you can go at your own pace. So if you are:

- *stressed out or anxious* • *living with a long-term health condition* • *going through a difficult time in your life*
- *or feel like trying something new*

.....we might be able to help



Singing sessions, exploring different pop and classic genres according to the wishes of the group.

Sessions are 2-3 hours long and are informal and relaxed.

Singing courses will be 10 weeks long, and will take place between September 2012 and July 2013.

Art based activity programme and workshop

Carlisle YMCA, The Shaddon Gateway Centre, Carlisle CA2 5TU

07854 096767 or 01228 510036 • tim.linford@fyldecoastymca.org



A range of short term art based activity programmes will be available. We currently work with Carlisle College on a community arts project and plan to deliver a photography course in the Autumn. Other opportunities may include performing arts and sculpture.

The Centre hosts a number of organisations currently offering complimentary activities and through them we would hope to signpost clients to the arts based therapy programmes.

Pathways - Community Regeneration Projects

Laurie Brewis Trust

01228 674590 (Healthland project administration team, who are providing logistical support
lbtcumbria@gmail.com

The opportunity to re-engage with others and the wider community, to regain a sense of purpose and routine, build confidence and find a purposeful role in society. The aims of this programme are to support a range of adults recovering from mental health difficulties and associated drug and alcohol dependence:-

- To engage in community regeneration projects.
- To ensure that participants find the experience helpful and worthwhile and to use this engagement to help and encourage individuals consider a range of options for continued engagement in activities subsequent to each event.

Six asset based community projects form the core activity for Pathways, each project will support “not for profit” organisations, local schools in deprived wards, and local community groups. It will provide the opportunity for all who engage to achieve positive worthwhile outcomes. Each project may be environmental, arts, or community facility based in nature. Each will be of 2 weeks duration.

Mindfulness-based Group Activities for Wellbeing

Mindfulness in Action Project (MAP), c/o Cumbria Council for Voluntary Service, 27 Spencer Street, Carlisle CA1 1BE

07446 234252 (Helen Davison- MAP Project Worker)
carlislemap@hotmail.co.uk



MAP provides affordable mindfulness*- based group activities in supportive community settings. These activities, based on the 5 Ways to Wellbeing, aim to improve participants' mental health and well-being, confidence and self-esteem, providing people with mindfulness-based tools to help with their daily lives. Sessions will benefit those who are looking for techniques to reduce stress and develop emotional resilience.

Activities vary depending on identified needs and currently include tai chi, meditation and yoga. Proposed activities include walking, cycling, gardening, tree-planting, running to relax, Nia dance and short courses, including mindfulness-based stress reduction, relax with shiatsu and words for well-being.

Costs of activities are subsidised for all participants for whom the standard fee would be a barrier to attendance. MAP encourages peer support giving the opportunity for interested participants to train to become peer mentors. Activities are open to all within the community and promoted under a mental well-being label, so avoiding any stigma being attached to participation.

**The essence of mindfulness is paying attention to our present moment experience, with self-acceptance. Combining breathing techniques, meditation and movement, mindfulness can help change the way we think, act and feel. There is an increasing body of evidence showing the benefits of the use of mindfulness in the management of stress, anxiety and depression as well as various physical ailments.*

Support

Cruse Bereavement Care Cumbria

Cruse Cumbria, PO Box 77, Cockermouth CA13 3AJ

24 hour Helpline: 07071 780 761 • cumbria@cruse.org.uk

www.crusecumbria.org.uk

An accessible, confidential, individualised service supporting bereaved people, to enable them to address their grief and come to terms with their loss. The goal is for bereaved people to be able to return to a condition of wellbeing and to gain control of their lives.

Mainly by **one-to-one sessions** providing **support and counselling**, also giving appropriate signposting to other organisations and sources of help, if needed.

The service will be free and available to people throughout Cumbria. **Endings** are decided by mutual consent with the client. There is **no maximum** or **minimum** number of sessions, and our average is presently 6.6 sessions per client.



Buttercups - Family group support

East Cumbria Family Support, The Office, Mardale Road,
Penrith CA11 9EH

01768 593102 or 01768 890280 (Pam Hutton)

pam@eastcumbriafamilysupport.org.uk



To provide a group work project based in Carlisle and Eden, offering support for parents and carers and their children, where there are mental health difficulties that are impacting on family life. To provide a support group that focuses on mental and physical health and the emotional well being of the whole family. The group is preventative and therefore not a facility for carrying out risk assessments for other agencies. Groups will provide a safe setting to; encourage personal growth and development for parents and children, create opportunities to express opinions and feelings and share experiences and develop strategies for coping with stress, anxiety and child care.

Outcomes include:

- *Parents feel emotionally able to nurture their children*
- *Family relationships will be enhanced*
- *Children will have improved attachments with their parents/carers*
- *Children will behave in a socially acceptable way.*

Drug and Alcohol Recovery

- Gateway to freedom from addiction

Cumbria Gateway, 118 Botchergate, Carlisle CA1 1SH

01228 524450 (Allison Taylor) • allison.taylor@cumbriagateway.co.uk

www.cumbriagateway.co.uk



Cumbria Gateway is a progressive and innovative Social Enterprise based in Carlisle, providing user-led, person centred health and social care services within the substance and alcohol misuse field. Cumbria Gateway offers a unique supportive environment in which people can recover from mental health/addiction and develop a new future. It wants to inject and nurture a hope that is contagious – hope when it is needed most. The atmosphere should be distinctive, truly non-judgmental, safe and accepting, which strengthens members through their recovery. Gateway offers hope to create an alternative lifestyle free from substances and provides opportunities to gain confidence and skills needed to resettle in their community.

Our services include:

- *Bronze, Silver & Gold recovery courses*
- *Drop-in, open evenings and weekend for activities such as cinema nights, karaoke and much more*
- *Breakfast club targeting those most at risk of relapse*
- *Supported housing*
- *Volunteering opportunities to work in our charity shop*

BRONZE - Weekly group meetings targeted at preparing individuals for detoxification. Group work involves identifying and challenging the thoughts and situations that lead to alcohol or drug misuse. There will be opportunities for us to signpost to attend community activity groups throughout the week.

SILVER - This phase takes a more detailed look at addiction. Once the body is free from any physical or chemical dependency there remains a psychological one. The goal after detox is to prevent relapse, re-entering the vicious cycle of addiction.

GOLD - We want to establish a range of additional activities that can help in the process of change both during and after the recovery programme. We have a bespoke volunteer training programme that recognizes “everyone is different” Individuals that have come through Bronze and Silver can train as peer mentors to others coming through recovery supporting our ethos “power of example”.

Self-Harm Early intervention support service

This service should be available from October 2012. Please contact the Hub for further details if you are looking to access support.

Safety Net Advice and Support Centre for Rape, Sexual Abuse and Domestic Violence



Safety Net, Advice and Support Centre, 7a The Crescent, Carlisle CA1 1QW

01228 515859 • sncarlisle@btconnect.com • www.safetynet-carlisle.org.uk

Safety Net Advice and Support Centre offers long term, trauma focussed, therapeutic and support services aimed at supporting children, young people and families who have suffered Rape, Sexual Abuse and Domestic Violence, across North, East and West Cumbria.

Safety Net is a service for children and young people aged between 3 and 25 who are suffering the traumatic effects of Rape, Sexual Abuse and Domestic Violence, recent or historical. We also provide support to their families where it is needed. We are also able to offer therapeutic services to adult survivors (over 25 years old) of Sexual Abuse, Rape and Domestic Violence where children under 16 will be an indirect beneficiary i.e. resident with the adult, or likely to be rehabilitated with the parent.

Once a client over 16 has been assessed they will be allocated to a therapist and offered 6 weekly appointments and then move to fortnightly appointments for as long as they need the service. Clients have access to a range of therapeutic interventions provided by fully qualified professionals including Psychotherapy, Art Therapy, and Person Centred Counselling.