

Who can access the Recovery Projects

Hunts Mind will not discriminate against any individual based on diagnosis but will provide services in accordance with service users needs. It is expected that the majority of service users will experience mild to moderate mental health problems. However more acutely unwell individuals will not be excluded from the service.

Due to our current funding criteria, our age range for service users is 17 – 65 and we encourage people to self refer. If you would like to become a service user then please contact our Recovery Projects Team. If you are a GP or Care Co-ordinator who wishes to refer somebody to our service, a referral form can be downloaded from our website.

Our aims:

- To put the people who use our various services at the heart of all we do.
- To provide Recovery orientated services that are user led, that encourage social inclusion and promote independence.
- To enhance the quality of life and mental and physical wellbeing of people who experience mental ill health through the provision of our services and our approach to mental ill health as illustrated by our values.
- To support individuals to maintain and develop their social networks and family relationships.
- To address need in a variety of ways to give people choice and minimise dependency.
- To provide services that are relevant and accessible to all those in the communities we serve to ensure equality of opportunity to people regardless of gender and gender identity, race, sexual orientation religion or belief and disability. However, our services are age specific.
- We will seek funding streams from Commissioners and grant giving bodies to enable us to provide the services people need.

Hunts Mind



For better
mental health

RECOVERY PROJECTS INFORMATION LEAFLET

December 2011

Hunts Mind is a local voluntary organisation affiliated to National Mind, run by a team of staff in conjunction with volunteers and service users. Hunts Mind runs a variety of projects, one of which is our Day Service which is known as the Recovery Projects.

Hunts Mind's mission is to support people who experience mental ill health to take control of their lives through the provision of a range of services and opportunities that promote independence and choice.

Hunts Mind has adopted Mind's values and principles and is committed to providing quality services that anticipate, meet and exceed the needs of service users, workers and other stakeholders



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Our Recovery Projects provide:

Social Support Groups

- **Women's Group**

An informal group which meets in a relaxed atmosphere every Thursday from 10.30am until 12.30pm at a variety of venues within St Neots. Group members enjoy lively discussion and conversation, both serious and light-hearted and can try their hand at a range of activities organised by the group.

- **Men's Group**

This group meets every second Tuesday of each month at various locations within Huntingdonshire from 1.00pm until 3.00pm and group members participate in a range of activities and discussion as devised by the members.

- **Evening Group**

The Service User led Evening Social Group meets on the last Wednesday of the month from 7pm until 9pm at a variety of locations within Huntingdonshire, providing access to, and encourage interest in a range of activities which can also be enjoyed outside of the group. Primarily, one of this group's main purposes is to combat social isolation, by creating opportunities within the local community for Service Users to meet others who may have similar experiences to themselves.

Peer Focused Support

- **Recovery Star Peer Support Group**

The Recovery Star Peer Support Group is a therapeutic group which aims to sustain a support network for those who undertake the Recovery Star process. The group also encourages group members to build on emotional resources and to achieve improvements in their mental health through peer support. Groups are currently running in St Neots, Huntingdon, St Ives and Ramsey.

- **Personality Disorder Group (Bridging the Gap)**

This group has been designed to offer members an opportunity to explore how their diagnosis affects their daily lives and the impact on family and friends. The group is a safe environment to challenge thoughts and feelings that contribute to depression, anxiety and in some cases self harm. Groups are currently running in St Neots and Huntingdon (please be aware waiting lists may apply).

1:1 Support

- **Using the Recovery Star Tool**

With the support of a Project worker or mentor Service Users will be encouraged to identify areas of their lives that they would like to focus on and make improvements. By using the Recovery Star, we are able to support Service Users recovery by charting progress in areas such as managing their mental health, enhancing living skills and building self esteem to maximise

independence. In doing this participants are able to see clear evidence of their progress, and the role they play in the process.

Focused Groups

- **New Members Sessions**

These sessions welcome all new Service Users to Hunts Mind, provide the information needed to access Hunts Mind facilities, signpost Service Users to the most appropriate agency for alternative issues, and ensure that all Service Users are fully aware of the relevant policies and procedures linked to accessing the service. Sessions are currently running in St Neots, Huntingdon, Ramsey and St Ives.

- **Rock Group**

The workshops are aimed at anyone who is recovering from mental distress and is interested in Music and the Performing Arts. They also provide an opportunity to undertake an Open College Network course which is run in partnership with Cambridge Regional College, and to obtain an accreditation, certificate or diploma. The group meets at the Medway Centre, Huntingdon on Wednesdays 11:00am to 1:30pm (Term time only). Please note that there are some cost implications with this course.

- **5 Steps to Wellbeing**

This group aims to aid group participants in improving their feelings of wellbeing through the provision of information relating to the 5 Steps to Wellbeing and encouragement to build these steps into their daily lives. The 5 Steps to Wellbeing focus group is currently running in St Ives and will cycle through the Huntingdon, Ramsey and St Neots areas in turn.

- **Newsletter Group**

This group meets every Thursday at The Limes, St Neots from 1.30pm to 3.00pm. This group offers opportunities to develop and improve basic computer/media skills and is responsible for producing Hunts Mind's quarterly newsletter.

- **Sports Group**

This group meets every Monday from 10.30am to 12.00pm at the One Leisure Centre, St Neots. Sporting activities include Badminton, Squash, Bowling, Snooker etc.

- **Environmental Allotment Group**

This group offers weekly visits (April to September) to the Rowley Allotments in Mill Lane, St Neots on a Tuesday Morning from 10.00am to 12.00 noon. The group aims to teach members how to plant, grow and harvest their own food to raise awareness of the benefits of healthy eating. Additionally the Allotment group promotes environmental education and provides the opportunity for improving physical and mental wellbeing through gentle exercise in the open air.