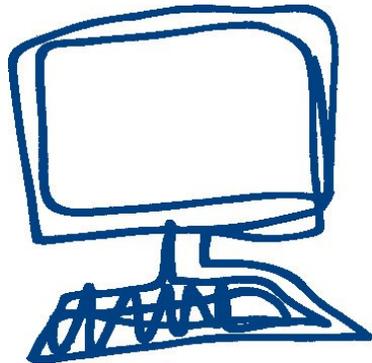


More Information



For more information on anything related to
Norwich & Central Norfolk Mind
please visit our website at:

www.norwichmind.org.uk

Alternatively, please feel free to contact our
Head Office, on the number below:

01603 432457

Email: headoffice@norwichmind.org.uk

Registered Charity No. 1118449

Company Limited by Guarantee No. 05729028



WELLBUSINESS

Norwich & Central Norfolk Mind FACT SHEET

We are proud of the fact that most of our staff have had personal experience of living with, and recovering from, a mental health problem. We exist to provide excellent care and support for people with, and at risk of, mental health problems. We do this through the diversity of acceptable and effective services and through the provision of public awareness raising.

- we try to support any person living in Norwich or Central Norfolk. This represents a population of approximately 700,000 people
- we provide services to approximately 2,500 people each year, of whom about 400 may have a severe and enduring mental health problem
- we have an annual turnover of approximately £1,500,000 and employ nearly 70 people across 17 programme areas
- we seek to support any person with an experience of mental ill health rather than just those people engaged with the mental health system
- we offer a very broad range of programmes to achieve our purpose
- we are committed to working in ways that build both community and individual resilience to mental ill health
- we are innovative, flexible, optimistic and highly regarded

Our services (or programmes) are organised around four key themes that we believe reflect the key areas where we can be of help: these are Personalisation & Recovery, Psychological Therapies, Social Inclusion and Wellbeing.

A brief outline of the services within each theme is presented overleaf:



Head Office, 50 Sale Road, Norwich, NR7 9TP
Tel: 01603 432457

Personalisation & Recovery

LIFEHELP

An innovative range of mental health services and support that any person can design and purchase to suit their unique needs. This includes Community Engagement, which helps people to integrate fully into their community and promotes full citizenship.

OMNIA

An excellent-rated (by the Care Quality Commission) residential recovery programme for people with severe, enduring and complex mental health problems. It is a 14 bed unit with an integrated recovery based day programme and outreach service.

CASA RECO

A small (4 beds) residential programme which assists Omnia graduates to make the full transition to independent living.

OUTREACH

A mobile team offering both short term and long term psychosocial, practical support to people suffering mild mental ill health to complex diagnosed conditions.

HORTICULTURAL TEAM

We offer a horticultural programme for people with mental health problems and carers. This involves training, physical outside work and good fun.

CARER SUPPORT (CARER AGENCY PARTNERSHIP)

A mobile team offering individual and group support to carers of people with severe and enduring mental health problems.

CARER BEFRIENDING (CARER AGENCY PARTNERSHIP)

A service that trains people (often carers) to provide friendship and practical support to carers of people with severe and enduring mental health problems.

Psychological Therapies

NORFOLK WELLBEING SERVICES

We deliver a range of psychological interventions into primary care for people with depression and anxiety. This service is part of the national programme of Improving Access to Psychological Therapies (IAPT).

GATEWAY COUNSELLING SERVICE

Gateway is a low cost, direct access counselling service offering a range of therapies to people with a wide range of mental health problems.

Social Inclusion

COMMUNITY DEVELOPMENT WORKERS

This service works with people from Black and Minority Ethnic (BME) backgrounds to encourage better use of existing statutory services and forms a crucial link between BME communities and primary care.

Wellbeing

MIND BODY & SOUL

Offers a range of complementary therapies for people with mental health problems.

WELLBUSINESS

Wellbusiness aims to create tailored solutions to meet organisational and individual needs around mental health in the workplace. Wellbeing training & development aims to support restructuring, job loss, stress reduction or any other mental health related issues and we can assist in creating a healthy workplace culture.

MIND FIRST AID

Mind First Aid is a community movement established and mentored by Mind. Interested people are trained in Mental Health First Aid which enables them to identify and assist a person experiencing mental distress.

YOUTH MIND FIRST AID

This innovative new project aims to develop the understanding around mental health and young people, improve access to support services and offers young people more opportunities to manage their well-being.