

VOLUNTARY SECTOR - MENTAL HEALTH AND WELLBEING ACTIVITY

Organisations	What is your service area currently doing to support individuals with mental health issues?
Brunswick Hub	<ul style="list-style-type: none"> • We provide a registered safe place • Staff are trained in Mental Health First Aid • Support is provided for carers • We spend time with our clients and get to know them • We provide a venue for a variety of mental health services to provide outreach • We run a Dementia Café every week which also provides support and information to carers • We run a supported volunteer programme
Crown routes - Lillington	<ul style="list-style-type: none"> • Use of the café as a way of building relationships and trust with individuals • Provide activities to support and build the resilience of individuals • Development of a Dementia Group for Lillington • Lillington CAF which is a network of agencies to share information and develop partnership working
Sydenham Neighbourhood Initiatives	<ul style="list-style-type: none"> • To build awareness amongst local people of the local services on offer • Support residents who are isolated due to poor physical and mental health • Tackling issues around racial tensions and cultural misunderstandings that feed into issues around social isolation • Offering volunteering opportunities as a means of building confidence and developing skills • Offering access to free internet as a means of developing individuals digital abilities • Offering English as a second language class to improve people's language

	skills
The Gap at the Packmores Centre	<ul style="list-style-type: none"> • Provision of local/accessible services • Utilising hub space as outreach venue for mental health service providers and supporting organisations who deliver support of mental health as a secondary provision of service e.g. Citizens' Advice • Open door policy – The full Outreach Team are always ready to support drop-in requests/cases/needs • Signposting