

Dove Employment and Training

Leeds Mind Dove Employment and Training is a specialist, city-wide service, supporting people with experience of mental health problems in gaining and maintaining employment. We provide an individually tailored support package, focussed on the client's employment aspirations, aiming to empower and motivate people towards realistic choices and opportunities. We support clients to move into paid employment, voluntary work, higher or further education and vocational training. This support may include job search, guidance with CV writing, interview skills and in-work strategies. As part of our internal training programme, we provide Computer Skills Training, including the New CLAIT qualification. When clients achieve their employment goals, we continue to support them to maintain employment. We also provide advice and guidance to employers and seek to set up work placements for clients with a wide range of employers.

CHOICE (Creative Health Options in Community Environments)

The CHOICE service is a multi-agency model of secondary mental health service delivery in North West Leeds. A collaboration between Leeds Mind, Leeds Partnership Foundation Trust and Leeds Adult Social Care we aim and add value and offer a broader CHOICE to people with mental health problems through pooling resources.

Together with a local Community Mental Health Team, the CHOICE team offer the additional services of befriending, counselling, access to complementary therapies and benefits advice.

The vision of CHOICE is to promote recovery and growth within a positive, genuinely people centred services that is easily accessible to local people, comprehensive and flexible. We aim to maintain and develop a service that is innovative and an inspiration to them.

Working Minds

Working Minds is a City wide project specialising in working with people who have experienced of mental health difficulties and helping them to access and stay in employment, education and training and volunteering.

We provide a range of support including

- 1:1 tailored support
- Information advice and guidance
- Job Clubs focused on work preparation
- Volunteering, mentoring and work placement support
- Access to benefits and debt advice
- Post employment support.
- Mental health awareness training for employers

Working Minds see people in several venues around the city and targets people who have been in receipt of incapacity related benefits for two years or more.

Leeds Mind

Leeds Mind's Core Values

- All human beings have mental health needs
- We recognise there are multiple causes of mental health problems and different interventions can be effective
- All people have the capacity to recover from mental health problems
- We recognise the central importance of human relationships
- We have a profound respect for the capabilities and resourcefulness of service users
- Our staff and volunteers are the organisation's major resource
- We value diversity and are committed to celebrating it in all its dimensions
- We endeavour to work to the best of our ability
- As an organisation we aspire to a culture of openness
- All our services endeavour to empower people

All these values are equally important for the organisation. They are not set in priority order.

To see our core values in detail visit our website www.leedsmind.org.uk

How you can support our work

- You can make a donation
- You can become a member of the organisation
- You can volunteer in one of our projects
- You can work for the organisation
- You can join our governing body, the Board of Trustees

To explore any of these options or to contact our services, please call 0113 230 7608.

Access

Leeds Mind projects are in different locations around the city and have differing access.

A large print version of this leaflet is available on-line at www.leedsmind.org.uk

For more information and how to access our services please contact us at:

**Leeds Mind,
Grove Villa
82 Cardigan Road,
Leeds LS6 3BJ
t: 0113 230 7608
f: 0113 230 7621
e: leeds.mind@leedsmind.org.uk
w: www.leedsmind.org.uk**



For better
mental health

Leeds Mind Services



For better
mental health

Who we are

Leeds Mind aims to change the way people with mental health problems are seen: to enable them to make a full recovery from mental health problems and to live rich and rewarding lives; to reduce the prejudice and discrimination against them and to enable them to be fully included in any activity they want to pursue and to contribute fully to the lives of their communities.

In order to achieve this we do a number of things. We are committed to developing and running innovative and effective services which promote recovery in those who use them. We encourage people with mental health problems to have high ambitions for themselves and to return to work and meaningful activity as soon as possible. We promote positive self esteem for all and see mental health problems as signs of distress, not as illnesses.

The services we provide are a broad spectrum of projects. Each one is designed to complement the others and to offer a real choice to people with mental health problems. All of our services aim to support people on their journeys towards recovery. You can read more about them on this leaflet.

Community Arts Project

Community Arts is a project for adults between the ages of 16–65. It is not art therapy or occupational therapy.

We recognise and value the therapeutic benefits of creativity in the recovery process and aim to build confidence and self esteem in order to support and maintain recovery from mental illness. Students develop creative skills with a view to re-establishing themselves in the community.

We run structured art classes, in a relaxed atmosphere and adopt a flexible approach which caters for individual needs. These include pottery, introduction to fine art, drawing, painting and printmaking, exhibitions and displays and outreach taster classes.

SHIP (Self Help Initiatives Project)

SHIP is a survivor/user led, emotional well being and personal development group work project offering a programme of courses, workshops and self help support groups. The project is self referral only. SHIP's philosophy is that individuals with mental health problems are experts in their own distress and recovery.

Each individual is encouraged to draw on their own strengths and solutions to take control of their lives, thereby increasing their self esteem in a safe and supportive environment. SHIP's model of self help involves individuals taking personal responsibility for their own lives, feelings and mental health recovery.

Counselling and Therapy Service

This service offers a range of counselling and therapeutic interventions to people experiencing problems and distress and to people who struggle to maintain positive mental health.

Open daytimes and evenings, we try to offer appointment times that people can fit into their schedules. We have counsellors from a wide range of backgrounds and seek to offer clients the kind of counsellor they want. We provide brief, medium and longer-term counselling and therapy.

We ask clients for a contribution to the cost of their counselling. The actual amount paid is based on what each person can afford and people who can only pay a small amount are still welcome.

Our aim is to support people to identify and maximise their own capabilities, resources and strengths in order to achieve emotional well-being.

Community Recovery Service

The Leeds Mind Community Recovery Service is a city-wide service drawing on the best traditions of service user empowerment, effective professional support and social inclusiveness. We define recovery as a process, an attitude and a firm belief that the use and development of a personal resources can help manage the symptoms of mental distress. Embracing recovery promotes independence, personal growth and development, increased self-esteem, confidence and personal aspirations. This enables individuals to lead more fulfilling lives.

We encourage service users to set goals they wish to achieve using a personal development plan. The journey starts with a holistic assessment that encompasses all areas of a person's life that impact on mental health: housing, employment, education, volunteering, finance, spirituality, home life, arts and culture and physical activity. The individual then works closely with a community recovery worker to establish their goals and plan and evaluate their progress towards them.

The service provides safe space to congregate, social inclusion activities and individual work.

Floating Support and Shared Housing

Leeds Mind Housing Support Service offers support to people who are experiencing mental health problems in the North West and West areas of Leeds. Support can be delivered in either one of our group homes or Floating Support Service where people receive support in their own home. We offer specialist support to individuals with mental health problems (a diagnosis is not needed); this may also include additional needs such as substance misuse, homelessness or a personality disorder.

Our aims are to enable people to access and retain safe and affordable housing; develop their life skills; maximise their independence and autonomy; sustain good mental health; access other relevant services; work towards their aspirations and goals and focus on what people can do, not what they can't.

Information for Mental Health

Information for Mental Health (IMH) is an information resource centre for anyone who is involved in mental health in Leeds.

IMH offers:

- A lending library of books and other resources covering a wide spectrum of issues around mental health and recovery
- Consultancy and training for those who wish to develop their mental health information provision
- A centre for networking within the mental health field
- On going development to exploit the potential of electronic information and the internet and bespoke information resources for Leeds.

There are many approaches to mental health, distress and healing and we reflect that diversity. Among the things we highlight are social factors – such as prejudice, poverty, racism, sexism and homophobia – that affect our mental health. We believe that mental health is about whole people, and whole lives. Our information products reflect this approach.