

What Reading Community Outreach Plus! is...

Reading Community Outreach Plus! is a new initiative aimed at transforming lives and uplifting communities in Reading. Based in your local community, individuals aged over 50 facing serious mental health challenges or special needs can find support, companionship, and expert guidance.

We're bringing the support directly to you with drop-in sessions held at various locations across Reading, including GP surgeries, community centres, and libraries in the heart of areas like Coley, Whitley, Southcote, and Norcot. Three times a week, for 5 hours per session, our dedicated team will be there for you, ready to listen, support, and guide you through life's challenges.

Led by compassionate wellbeing workers from Together for Mental Wellbeing, our sessions are designed to prevent hospital admissions, enabling people to manage their own mental wellbeing, and seamlessly reintegrate individuals into the vibrant tapestry of community life. But that's not all - we're committed to tackling health and social inequalities head-on. From managing mental wellbeing and combating social isolation, our general approach addresses every aspect of wellbeing.

Need assistance with form filling for benefits or housing challenges? We've got you covered! Our team is here to empower you, ensuring that every individual in our community has access to the resources they need to thrive. Join us on this journey toward a healthier, happier community - because together, we're stronger. Let's build a brighter community future, one drop-in session at a time. Welcome to Community Outreach Plus!

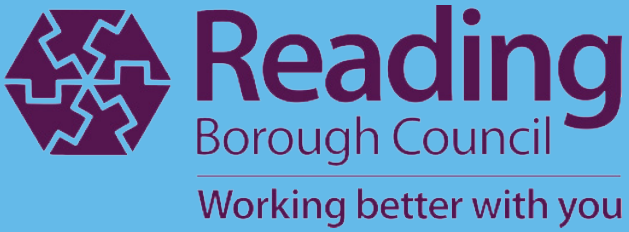
About Together for Mental Wellbeing

Together for Mental Wellbeing is a national charity that supports people experiencing mental distress to lead fulfilling and independent lives. Founded in 1879, today we work with approximately 4,500 people every month, at around 70 locations across England. Our services include support in the community, accommodation-based support, advocacy, and criminal justice services.

Our core ethos at Together is 'Service User Leadership'. This means that we empower people experiencing mental distress to make choices that affect their lives, lead their journey to wellbeing on their own terms and to collectively influence and improve services, organisations and society.

This means we value people as experts in what works best for them, and each individual we work with influences and shapes the support they and others receive from us. It also means we provide opportunities for people experiencing mental distress to work with Together to draw on their experiences to help us improve the quality and experience of the services that we provide.

Supported by:



Reading Community Outreach Plus!

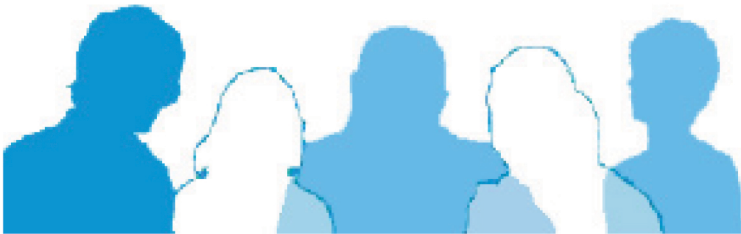


What can people expect from the service?

During sessions will be delivered by one team member during the period of this project and helps prevent hospital admissions whilst supporting people to improve their mental wellbeing. This will support services users who are currently not being supported by NHS, help in the reintegration back into the community, reduce social isolation, assist in filling in forms for benefits and housing challenges, and prevent hospital readmission. It also focuses on health and social inequalities, addresses the impact of long-term conditions, supporting people's physical and mental wellbeing in Reading, with a focus on the most deprived neighbourhoods and communities.

We will provide following interventions during the drop-in sessions:

- Providing non-clinical emotional listening support.
- Creative wellbeing workshops and offering grounding and mindfulness techniques
- Assist in the completion of a safety plan to identify triggers and how to prevent mental health crisis.



- Assist people who use the service in their daily and weekly schedule planning to support their wellbeing.
- Help people who use the service identify personal goals and assist in the completion of a wellbeing plan.
- Signposting people who use the service to local support groups and other organisations depending on their individual needs.
- Assist in filling in forms for benefits or housing applications.
- During the drop-in session we will refer the individual to our Reading Community Outreach support to provide further 1-2-1 support for up to 9 weeks in the community.
- After hospital discharge, people who use the service can also be signposted to our other services such as Breathing Space for mental health crisis intervention and the Managing Emotions Program to help identify and manage emotional dysregulation.

Other features available to people who use Reading Community Outreach Plus! include:

- **Social wellbeing workshops in the community**
- **Creative arts therapy for people over the age of 50**

When is it open and where are we located?

The service is open 9.30AM to 2.30PM over 3 days per week and will have a place-based community focus with Wellbeing Workers meeting people who use the service in community halls and GP surgeries in local Reading areas.

How to get in touch

To access support, please call us or email us at outreachplus@together-uk.org or call us on **0800 058 4414**.

There is a central office location which is 1A Rupert Square, Reading, RG1 3HE.

