

What do you really value?

Select Support Partnerships

Together inspiring a better future



Our ethos is to provide high quality person centred support services to maximise choice, independence, inclusion and well-being.

Our value base is highlighted in our statement "Together inspiring a better future".

We believe that through working in a genuine collaborative partnership with the person we support, their staff team, their care co-ordinator, family, and community partners we can make a real difference to their life.

We can offer supported living services or community outreach support for people with mental health diagnosis.

Our experienced staff actively support people to lead a meaningful and fulfilling life and through a process of active support, Life Coaching and CBT we nurture people to develop daily living skills and manage their own mental health more effectively.



What can we offer?

We have a range of provisions to meet the needs of people. We specialise in supporting people with complex and enduring mental health conditions.

We recognise that the recovery journey may need to reach out beyond the physical boundaries of residential services and for people to really achieve a fulfilling life we need to support them to be more independent and develop their skills, abilities, confidence and ambitions back in the wider community.

We ensure that the person receiving support is firmly in control of their recovery by creating an individual programme based on their goals and aspirations.

Typical profiles were we can offer people help include those who are:

- Treatment resistive
- Lack insight
- Have struggled to cope in certain environments
- Disengaged from their own recovery programme

Our focus is on the psycho-social aspects of therapeutic engagement as a method of increasing the persons self esteem and confidence. We view this as fundamental to engagement in the more advanced stages of the recovery journey.

We therefore adopt what we term *a non direct approach to the treatment of mental illness.*

How we can help you

- Help to develop everyday living skills including cooking, cleaning and shopping.
- Attend to personal care including management and administration of medication.
- Provide financial support to help to maintain, sustain and be compliant with tenancy agreements.
- Help with budgeting and maintaining the home.
- Support to access local community facilities and activities including leisure facilities.
- Support to become a valued member of your own community.
- Develop independent travel skills.
- Support to make their own choices and decisions about their life.
- Help to access education, training and employment.
- Assistance with benefit claims.
- Help to stay safe and healthy
- Help to develop lifelong learning skills.
- Support with cultural and spiritual beliefs.
- Encourage positive risk taking through risk management.
- Support to enjoy life and feel a sense of achievement by building self esteem and confidence