

Newcastle Day Opportunities

New service!

Working in partnership, **Brighter Futures** and **North Staffs Mind** are offering a new, creative service to people with mental health problems living in Newcastle.

The service gives people the opportunity to develop their own **action plan** with a dedicated support worker who works with them to **achieve their goals**.

The service helps those who use it to meet new people, get into training and education, learn new skills and engage in volunteering and work opportunities. We also help people to improve their mental and physical wellbeing and increase their confidence.

The service can be delivered wherever the person feels comfortable, at their own home, somewhere else they feel comfortable or in a range of locations across the Newcastle area.

The service focuses on what customers want. We will develop activity sessions in local, accessible community spaces in response to their involvement. Customers will also be central in developing promotional materials and reviewing the service.

**For more information please call
01782 262100 or 01782 835220**

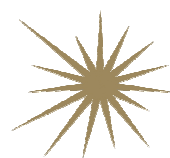
www.nsmind.org.uk

www.brighter-futures.org.uk

North Staffs Mind



For better
mental health



brighter futures
creative support, housing and employment