

Your present circumstances don't determine where you can go; they merely determine where you start. - *Nido Qubein*



The support service aims to help individuals look beyond mere survival and existence, and to move forward, set goals, do things and develop relationships that give their lives meaning.

Service overview

This service is for anyone who has a mental health problem and in receipt of a personal budget through health or social care, or who is self-funding, and would like some help.

Underpinning this service is the belief that everyone has a right to live their best life. Kettering Mind will help identify:

- What is important to, and for the individual
- What needs to happen to have more good days
- What the persons hopes, dreams and aspirations are

This will mean that the support plan reflects the needs and wants of the individual.

What sort of support is possible?

The individual support service is longer term support, it can be as little as 2 hours per week to 10+, and helps people on the road to recovery or do things that supports their goals. There is no right or wrong way to recover, it is a personal journey. If it is safe and legal, then Kettering Mind will be as creative as possible to make the support work, for the individual, to meet their needs.

Some identified outcomes could include improving:

- Health and wellbeing
- Levels of independence
- Resilience through self-help / self-care
- Quality, happiness and contentment of life
- Positive connections within the community
- Economic well-being / maintaining employment
- And other personal outcomes related to preventing deterioration and focusing on enablement

The support will focus on small positive steps, which will help individuals live their best life, whatever their circumstances.

Who can access the support?

Adults aged 18 years and over, who

- Have identifiable mental health needs
- Are in receipt of a personal budget through health or social care, or choose to self-fund this support

Why choose Kettering Mind?

- We were awarded the NHS Any Qualified Provider in 2017 to deliver Individual Budgets for Long Term Conditions, and have a track record of being a preferred provider.
- We have a passionate and creative team with experience in delivering person centred plans, able to interact, motivate and encourage individuals, to get the most out of each session.

How to access this service:

A referral is required from the Care Broker (if social care or health funded). For self-funding support please contact Kettering Mind direct.

In either case if you would like to chat with someone about this service please contact us:

- **Email:** info@ketteringmind.org.uk
- **Telephone:** 01536 523216 (Kettering Mind)

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time to change
northamptonshire

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Individual Support

Choice and control over the
shape of services, that
support you