

The Network helped boost my confidence and provide me with the motivation to achieve my goals.

Supporting you to achieve goals in the community

I was able to see the light at the end of the tunnel, and move on with my life

The network gave me hope and a belief that life can be better and you can live with mental health

The service provided is invaluable and very beneficial

We value your views

We want to know what you think about services. If you would like to make a comment, compliment or complaint, please contact the Complaints and Representations Manager.

Email: adultsocialcare@barnet.gov.uk

Contact us – The Network

Address: The Network, 27 Castle Road, North Finchley, London, N12 9EE

Tel: 020 8359 3230

Email: the.network@barnet.gov.uk

Website: www.barnet.gov.uk/the-network

This booklet is available on audio tape, CD, large print, Braille or alternative language.

To request your preferred format, please contact the Communications Officer for Adults and Communities on 020 8359 7150 or email adultsocialcare@barnet.gov.uk

Information about adult social care also be found on the Barnet Council website - www.barnet.gov.uk/careandhealth

THE Network

Connecting you with your community



February 2013



The Network provides short-term support to people with mental health problems, giving you the opportunity to gain/regain skills and confidence to participate fully in your community.

Through our unique enablement programme, we will support you to get involved in social activities which you enjoy. This could be accessing leisure and cultural activities, extending your social network, embarking on a path to employment, volunteering, or gaining qualifications.

To get you there, we can offer:

- one to one support to identify your personal goals
- sessions with your peers to discuss recovery together
- support to start taking part in a community activity of your choice
- support to plan for when you leave the service.

Step by Step – Our enablement programme:

Step 1: Personal goal plan

We help people to develop a 'social inclusion' or personal goal plan. With the help of your key worker and the recovery star, you will explore your hopes and aims so that you can come up with some goals to be achieved by the end of your time at the Network.

Step 2: Key work sessions

Your key worker will work with you in one-to-one sessions to:

- Support you with your social inclusion plan
- Improve your confidence to access the group programme
- Review each stage of your programme exploring your next goals.

Step 3: Short enablement group

In these groups, you will work with your peers to support each other towards recovery. Each group has a different focus, to help you to achieve your goals and build confidence.

1. Wellness Recovery Action Plan (WRAP)

- Create an individual plan that helps you to increase your sense of control of your mental wellbeing
- Better recognise your triggers and how to respond to them positively
- Set individual achievable goals
- Gain skills to maintain your ability to manage on your own.

2. New Steps

- Identify and challenge obstacles preventing you from achieving your goals and living your life more fully
- Develop new ways of looking at and overcoming obstacles in your life
- Gain confidence and skills to deal with challenges on your own.

3. Skills for Living

- Increase your confidence and motivation to achieve goals
- Identify potential positive lifestyle changes
- Take practical steps towards achieving your goals.

Step 4: Short term support in the community

- Identify specific opportunities in the community that will help you to achieve your goals
- Access the identified resources in the community, with support from us
- Gain skills to continue with this activity on your own.

How can I access the Network?

- If you are not already accessing mental health services, you should contact your GP. They can refer you to the Primary Care Mental Health Team. The team will carry out an assessment of your support needs, and make a referral to The Network if it is suitable..
- If you already have a care co-ordinator, discuss a Network referral with them.

To qualify for the service, you must:

- be 18 years of age or older
- have a mental health diagnosis
- live in the London Borough of Barnet
- be willing to participate in a jointly developed social inclusion plan (as described above)
- have substantial or critical social care needs, as identified by a social care professional.