

Mental Health and Wellbeing Support in Rugby

Information on all mental health and wellbeing services are available from
www.warwickshire.gov.uk/mentalhealth

Low level support / early intervention:

Warwickshire Wellbeing Hub (Rugby)

The Rugby Wellbeing Hub at 28 Cromwell Road, Rugby, CV22 5LY is part of the Wellbeing for Warwickshire service, which provides support aiming to enhance mental health and wellbeing of individuals 16 years and over, and support for people with ongoing mental health issues living in Warwickshire. Services include:

Walk-in sessions (Saturdays 10am to 1pm) offer the chance to chat with wellbeing practitioners and trained volunteers, browse information and support resources and have a confidential 20 minute consultation.

Peer-led drop-in sessions (Tuesdays 1pm to 4pm and Saturdays 10am to 1pm). Enjoy a variety of activities that promote resilience, friendship and learning.

One-to-one sessions (available by appointment on Tuesdays from 4pm to 7pm and Wednesdays 10am to 1pm)

- Pathfinder sessions – six free one-to-one sessions for support with any issues affecting mental health and emotional wellbeing and practical problem solving, action planning, self-help strategies and signposting
- Grow sessions – support with ongoing mental health issues, improve ability to cope and move forward and identify clear goals and plan to achieve them

Outreach sessions run on the Journey Bus in various locations. For details of other outreach sessions please visit the website.

Tel: 01788 544105 Email: rugbywbs@cwmind.org.uk Web: www.cwmind.org.uk/rugby



The Recovery and Wellbeing Academy (a partnership between CW Mind and Coventry & Warwickshire Partnership NHS Trust)

runs free educational courses and workshops that support mental health and wellbeing across Coventry and Warwickshire. Titles include: anxiety management, understanding bipolar, money management and many more. For details of current courses and workshops and how to enrol please visit:

<https://recoveryandwellbeing.covwarkpt.nhs.uk/>

ConnectWELL

ConnectWELL volunteers link individuals to a range of non-medical community activities and organisations to help improve health and wellbeing, such as advice and information services, community groups, leisure activities, lunch clubs, self-help groups, specialist interest groups, sporting activities, and lots more. Buddies can provide one-to-one support if people need extra help to get started. Health professionals can refer to the ConnectWELL service, or individuals can self-refer.

Tel: 01788 539572 Web: www.wcava.org.uk/connectwell



Together for Mental Wellbeing peer support

Peer support is a way of people using their own experiences of dealing with mental distress to help other people overcome similar challenges. The person giving support and the person receiving support both benefit, and are equals in this process. Peer supporters are trained and receive guidance and line management from a coordinator who also has experience of mental distress. Together provides a wide range of resources and tools to help them give the best possible support. Support can be face-to-face or over the telephone. **Email: ian-sykes@together-uk.org Tel: 02476 796416 / 07785 461707**

Reading well - Books on Prescription (BOP)

Warwickshire Books on Prescription (BOP) helps people manage their own health and well-being through recommended self-help books, audio CDs and e-books covering a range of topics including anxiety, depression, stress, chronic fatigue and chronic pain. A national Reading Well Books on Prescription Dementia collection of 25 books is also now available. Books are available in 18 Warwickshire council-run libraries for anyone to browse and borrow free of charge. GPs and health professionals can also 'prescribe' titles in the collection. **Web:**

www.warwickshire.gov.uk/booksonprescription

Shelf Help and *Sorted!* are self-help book collections aimed to help young people get through life, covering common situations such as parents separating, the loss of someone close, eating disorders, anger management and self-esteem. *Mini Sorted!* are picture books for children, intended for parents and anyone working with young children to share, to help with understanding an issue and talking about worries. All books are available to borrow free of charge from eight Warwickshire Libraries and on request 24/7 via the library catalogue for collection at any Warwickshire library. Books are also available in some secondary schools and colleges. For details of library locations and opening times please visit the website. **Web: www.warwickshire.gov.uk/sorted**

For further details **Tel: 0300 555 8171 Email: libraryenquiryteam@warwickshire.gov.uk**

Big White Wall

Big White Wall (BWW) is a digital mental health service, available online and 24/7. The service is completely anonymous so you can express yourself freely and openly. Professionally trained Wall Guides monitor the community to ensure the safety and anonymity of all members. You can share and discuss what's on your mind, gaining support and advice from the whole community or through one to one discussions. You can also interact creatively on 'The Wall' by making a 'Brick' to express yourself and your feelings by drawing or uploading your own images. You will be able to join courses with others to learn how to manage everything from depression and anxiety to weight-management and stopping smoking, alongside fellow members and under supervision from trained clinicians. You will also find a wealth of useful information to better understand about how you are feeling, set goals and track your progress. It is free to register using a Warwickshire post code and available immediately at www.bigwhitewall.com.

Big White Wall®

Mental Health Matters Helpline

Confidential emotional support and guidance – available 24 hours a day, 7 days a week. **Tel: 0800 616171**

From mobiles **Tel: 0300 330 5487** Live support online via email: **Email: timeonline@mhmm.org.uk** or via the website

Web: www.mentalhealthmatters.com/our-services/helpline-services/time-online/

Fitter Futures Warwickshire Physical Activity/Healthy Lifestyles on Referral Service

People with a mental health condition e.g. mild to moderate depression, anxiety, low mood or a diagnosis of dementia (in the early-mid stage) can benefit from the Physical Activity/ Healthy Lifestyles on Referral Service. The service offers a 12 week programme of physical activity at various venues across Warwickshire. There is a choice of activities in a variety of settings: sessions at a local leisure facility, personalised sessions at home or in a community venue, group activities in your local community e.g. walking groups. Support will be given by a Physical Activity Specialist who will develop the programme and offer support and encouragement. There is a cost to the programme which is discounted where possible. Referrals must be made by health or social care professionals (including pharmacists). **Tel: 02476 400 594 Email: fitterfutures@nbleisuretrust.org Web: www.fitterfutureswarwickshire.co.uk**



Coventry & Warwickshire Mind – Big Umbrella

The Big Umbrella is an early intervention project aimed at building young people's resilience and equipping them with the skills to manage and maintain good mental wellbeing. Coventry & Warwickshire Mind also provide a range of other services which target children and young people with mild to moderate mental health issues & who may need longer or more intensive support. For more information contact Suzanne Alford at suzanne.alford@cwmind.org.uk or 02476 631835.

Community Links Mental Health Service - Warwickshire

Keyring offers a short term mental health support for up to 6 weeks or 6 sessions or one off piece of work. Their Community Links Mental Health Service can provide:

- Advice
- Guidance
- Signposting
- Making connections with People and communities
- Emotional Support
- Personalised support during specific periods that could cause deterioration of mental health
- Links and support to local MIND and Recovery Academy
- Support to get people back out and about in their communities

Support will be provided through a combination of 1:1 support, group work and peer support. For more information please contact Maria Beale, on 07950 786032 or email: maria.beale@keyring.org

Specialist Services:

Bipolar UK

**For Rugby's local support group, see Local Support Groups & Organisations below*

The Support Line (open 9am to 5pm Monday to Friday) offers practical information, advice and support by phone and email, as well as through the website **Email: info@bipolaruk.org Tel: 0333 323 3880 Web:**

www.bipolaruk.org

The Employment Support Service offers support to individuals affected by bipolar who are experiencing issues in the workplace. Open to both employers and employees, the service offers practical support, training and resources.

Email: employmentsupport@bipolaruk.org Tel: 0333 323 3880

The Youth Service has different projects to suit the needs of individuals as they move from childhood to adolescence to adulthood. If you're aged 18-25, or supporting someone who is, **Tel: 0333 323 4459 Email:**

youth@bipolaruk.org

The eCommunity is a free online forum for anyone affected by bipolar. **Web: www.bipolaruk.org/ecommunity**

Mental Health Employment Support Service

Rethink delivers an Individual Placement Support (IPS) Employment Support Service for people with Mental Health conditions across Warwickshire. The service provides clients with support to apply for and secure paid employment; maintain current employment, working with both the client and the employer; re-enter the workforce following a period of ill-health absence. The service is currently targeted for adults of a working age (16) who are motivated to work, who must reside and/or receive mental health support in Warwickshire. To support anyone who is motivated to work, who are or have been supported in the past by secondary mental health services or is in employment and has an emerging mental health issue that could mean that their employment may be at risk. Access to the service is by self-referral (if criteria met) as well as referrals from Integrated Practice Units, GPs, clinical teams and mental health hubs. **Tel: 01926 419227 Email: mhess@rethink.org**

Web: <https://www.rethink.org/services-groups/services/warwickshire-employment-service>

In addition, Rethink has a number of support services and groups, including an Advice and Information Service offering practical help on issues such as the Mental Health Act, community care, welfare benefits, debt, criminal justice and carers' rights. The line is open 9.30am to 4pm Monday to Friday. **Tel: 0300 5000 927 Web:**

www.rethink.org/about-us/contact-us

NHS Mental Health Treatment Services:

Improving Access to Psychological Therapy (IAPT)

IAPT services are for people with mild, moderate and moderate to severe symptoms of anxiety or depression living in Coventry and

iapt

Improving Access to Psychological Therapies

Warwickshire aged over 16. An NHS service designed to offer psychological therapies to people suffering from anxiety, depression and stress. IAPT may also work with people who suffer from panic disorder, simple phobia, obsessive compulsive disorder or PTSD. Anyone can self-refer. **Tel: 02476 671090 Web: www.covwarkpt.nhs.uk/iapt**

Rise (incorporating Child and Adolescent Mental Health Services, Coventry & Warwickshire Partnership NHS Trust and Coventry & Warwickshire Mind)

Rise is a partnership of emotional and mental health services across Coventry & Warwickshire which was formed in 2017. Rise supports children and young people aged 0-25 with an increased emphasis on prevention and early intervention and works with the whole family. Operates countywide but the Rugby base is at Woodside Park, The Railings, Rugby, CV21 2AW. Referral is through professionals such as GPs, schools, social care and health visitors. **Tel: 0300 200 2021 (Mon-Fri 9am-5pm) Web: www.cwrise.com**

NHS Mental Health Service

Coventry and Warwickshire Partnership NHS Trust provide adult mental health services in Rugby. Each team consists of a variety of NHS and Social Care professionals who deliver care to people who have been diagnosed in the mental health service. The mental health

service is designed to meet the needs of people living with anxiety, depression, phobia, obsessive compulsive disorders, personality disorders, eating disorders, as well as psychosis such as schizophrenia and bi-polar disorder. The service also includes the dementia and memory assessment service, which assesses people to see if they have dementia and provides post diagnostic information and support. There is also a specialist team for mental health issues experienced by ex-armed forces personnel. The team operates from The Railings in Rugby. Referral into the service can be made by a GP or health professional only. **Tel: 0300 200 0011 Web: www.covwarkpt.nhs.uk**



Support for carers:

Warwickshire Mental Health Carers' Service

Specialist Carer Workers offers assessment and support to Warwickshire residents who are caring for people who are affected by mental health difficulties and are open to secondary mental health service (Coventry and Warwickshire Partnership Trust). The Specialist Carer Worker's role is to focus on the needs, health and well-being of carers, the service provides carers assessments, support planning, one:one and phone support along with signposting to other services. Anyone over 18 caring for someone who is receiving support from a secondary mental health service through Coventry & Warwickshire Partnership NHS Trust can be referred by the respective care coordinator (CWPT) or self-refer. **Tel: 0845 155 1797, Web: www.warwickshire.gov.uk/home?page_id=1071792**

Warwickshire Carers Wellbeing Service

The service operated by Carers Trust Heart of England aims to ensure all carers, including those looking after people with mental health conditions, are supported in every way possible, which includes offering wellbeing checks, identifying support groups, and much more. **Tel: 024 7610 1040 option 4 Email: carerssupport@carerstrusthofs.org.uk Web: www.carerstrusthofs.org.uk/warwickshire-carer-wellbeing-service/**

Dementia Services:

Warwickshire's Living Well with Dementia website (online service)

www.warwickshire.gov.uk/dementia provides information on:

- Dementia services and support in the local area – at District and Borough level
- Living well with dementia – information for people in the early stages of dementia
- Information for carers

- Dementia Friendly Communities and Dementia Friends
- Reducing risk of dementia
- Links to social media, blogs, twitter
- Links to Alzheimer's Society National Dementia Helpline and Talking Point (online forum)
- Warwickshire's Living Well with Dementia Strategy

Web: www.warwickshire.gov.uk/dementia

Dementia Navigators Service

Single point of access to information and advice for anyone diagnosed with dementia, people seeking a diagnosis, and their families in Warwickshire. The service offers signposting and referral to appropriate post-diagnosis support and services, at all stages of dementia. It also offers advice and emotional support to people with dementia and their carers, and support, advice and information to those with concerns about their memory, and/or through the diagnostic process. This is provided by the Alzheimer's Society Warwickshire and is open Monday to Friday, 9am to 5pm. **Tel: 01926 888899 Email: southwarks@alzheimers.org.uk**

Dementia UK Admiral Nurses in Rugby

Admiral nurses are registered specialist dementia nurses with significant experience and provide expert practical, clinical and emotional support to families living with dementia. They are registered nurses and have significant experience of working with people with dementia before becoming an Admiral nurse. **Tel: 0300 303 3131**

Local Support Groups & Organisations:

- **Rugby Bi-polar UK Support Group** meet at the Benn Partnership Centre in Railway Terrace, Rugby, on the fourth Tuesday of every month from 7pm to 9pm. Groups are free to attend and are open to all individuals affected by bipolar including those with a diagnosis, those pre-diagnosis, their family members, friends and carers. You don't need a referral and you don't have to let them know you're coming - just turn up. **Email: groupdevelopment@bipolaruk.org.uk Tel: 0333 323 3885**
- **Rugby Mental Health Social Activities Group** meets regularly for social activities such as bowling, walks, canal trips etc. **Tel: Les on 01788 574885 or Donald on 01788 810585**
- **REST** (Relaxation Eases Stress & Tension) is a self-help group set to understand the body's reaction to the stresses of modern day living. The group meets fortnightly from 7.30pm to 9.30pm in the library area of the Octopus Centre, St Cross Hospital, Rugby, CV22 5PX. For meeting dates, visit the website. Membership fees apply. **Tel: 07986 322404 (after 6pm) Email: rest1@live.co.uk Web: www.rest-online.co.uk**
- **Cruse Bereavement Social Group** meets at the café at the Claremont Centre on the 1st and 3rd Monday of the month from 7pm to 9pm. Cost £2. **Tel: Christine on 01788 573099 or Chris on 01788 816255**
- **Rugby Dementia Support** run:
 - Thursday Together, an evening social event at the Benn Partnership Centre, Railway Terrace, Rugby, CV21 3HR on the second Thursday of the month, 6.30pm to 8.30pm, for those with dementia and their carers
 - First Friday Together is held at the Claremont Centre, Clifton Road, Rugby, CV21 3QE on the first Friday of the month, 10.30am to noon, for those with dementia and their carers, who then meet separately. This is preceded by a support session for those caring for someone with dementia who are now in residential care, which runs from 9.30am to 10.30am.
 - Monthly music sessions at the Friends Meeting House, 28 Regent Place, Rugby, CV21 2PN on the third Friday of the month, 10.15am to 11.45am, for those with dementia and their carers
 - Monthly pub lunches in Rugby on the fourth Wednesday of the month, for those with dementia and their carers (see website for venue).



- Bereaved Support Group at the Friends Meeting House, 28 Regent Place, Rugby, CV21 2PN on the fourth Friday of the month, 11am to 12.30pm, for people bereaved following caring for someone with dementia

For more details on any activities **Web: <http://rdsg.org.uk/>**

Rugby Dementia Support also run the Rugby Forget-Me-Not Friends, in conjunction with Age UK Warwickshire, to provide home visits for people with dementia who would otherwise struggle to access regular social support **Tel: 01788 552545 Email: RFF@ageukwarks.org.uk**

- **Sing Along Memory Café** runs on the third Monday of the month from 10.30am to 12 noon at 286 Dunchurch Road, Rugby CV22 6JA. For more details contact Karen Handley **Tel: 01788 811976 Email: anyacourt@hallmarkcarehomes.co.uk**
- **The Claremont Centre** at 43 Clifton Road, Rugby, CV21 3QE offers dementia day opportunities for anyone with a dementia diagnosis. Activities include reminiscence therapy, music and movement, arts and crafts and run Monday to Thursday from 9.15am to 3.15pm. Cost is £36 inclusive of lunch and refreshments (£10 for those financially assisted by Warwickshire County Council). **Tel: 01827 717 172 (option1) Email: Care.Admin@ageukwarks.org.uk Web: www.ageuk.org.uk/warwickshire/our-services/dementia-day-opportunities/**
- **Musical Memories Café** runs at The Bull Inn, 33-35 Main Street, Clifton upon Dunsmore on the second Monday of every month (except bank holidays) from 10am to 12 noon.
- **The Good Times project** are dementia friendly craft sessions which run on the last Friday of each month, 1 – 3pm. These are free, therefore please book your place on **Tel: 01788 533201**.
- **Brinjury** is a support group for people aged 18-35 with acquired brain injuries. Founded and chaired by a brain injury survivor. Fortnightly meetings. Contact Jade for more information: brinjury@gmail.com, 07479 383557, Brinjury (Facebook group name)



Useful websites:

- **Warwickshire County Council - Mental Health & Wellbeing** www.warwickshire.gov.uk/mentalhealth
- **Five Ways to Wellbeing** www.warwickshire.gov.uk/5ways
- **Warwickshire CAVA – Mental Health Directory** <https://www.wcava.org.uk/directory-of-mental-health-provision>
- **NHS - Mental Wellbeing** www.nhs.uk/livewell/mental-wellbeing
- **Coventry & Warwickshire Partnership NHS Trust** www.covwarkpt.nhs.uk
- **Perinatal Mental Health Service** www.covwarkpt.nhs.uk/service-detail/health-service/perinatal-mental-health-service-108/
- **Coventry & Warwickshire MIND** <https://cwmind.org.uk/>
- **Mental Health Foundation including Tea & Talk resources** www.mentalhealth.org.uk
- **Rethink Mental Illness including Warwickshire Employment Service** www.rethink.org
- **Coventry & Warwickshire's Living Well With Dementia Portal** <https://dementia.warwickshire.gov.uk/>
- **Dementia Friends** www.dementiafriends.org.uk
- **Warwickshire Police – The Herbert Protocol** www.warwickshire.police.uk/article/20156/The-Herbert-Protocol
- **The Warwickshire Multi Agency Safeguarding Hub (MASH)** www.warwickshire.gov.uk/MASH
- **Making Space** (mental health co-production service including monthly forums) <https://makingspace.co.uk/>
- **Healthwatch Warwickshire** www.healthwatchwarwickshire.co.uk

- **Voiceability** (Independent Mental Capacity Advocacy and Independent Mental Health Advocacy) www.voiceability.org/services/coventry-and-warwickshire
- **Blue Cross Pet Bereavement** www.bluecross.org.uk/pet-bereavement-support
- **Cruse Bereavement Care** www.cruse.org.uk / <http://hopeagain.org.uk/> (young people's website)
- **Samaritans** <http://www.samaritans.org/>
- **Rugby ROSA** www.rosasupport.org
- **Relate Coventry & Warwickshire** www.relatecoventry.org
- **Assist Trauma Care** <http://assisttraumacare.org.uk/>
- **Oasis Counselling** www.oasis-counselling-centre-rugby.co.uk
- **Young Minds** <https://youngminds.org.uk/>

BACKGROUND NOTES:

This Information Sheet was originally prepared for a Community Workshop on 'Handling Emotional & Mental Health Emergencies in Community Settings' in Rugby, November 2012. It is checked and updated annually (last update January 2019) by Warwickshire County Council's community development team with assistance from a number of colleagues in the field of mental health and wellbeing. Many thanks to all those who had an input.

This Information Sheet and a range of other leaflets produced by the team is available from www.warwickshire.gov.uk/rugbyareainformation or by emailing the team below. Please send any additions or amendments to this information to Community Development Workers Rob Sabin and Aqeel Kapasi by emailing cdwrugby@warwickshire.gov.uk

These leaflets provide useful information about local organisations, groups and agencies that provide activities, advice, and services which may support you. We provide the information for you in good faith and make every effort to keep it accurate and up to date but we cannot guarantee this and so it is your responsibility to check the accuracy of the information before use. Some of the information may be provided by a third party or have links to external sites. We are not responsible for this content and, again, you need to satisfy yourself that the information is correct.



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