



Outreach Service

A culturally responsive service designed to support individuals to recover from mental ill health. Family members can also receive support to manage their well-being.

0121 525 1629

Improving the lives of African & Caribbean people affected by mental illness in and around Sandwell



Registered Charity Number **1082017**



Outreach Service

We aim to encourage well-being and recovery by supporting individuals to regain their independence, confidence and improve their mental health and well-being.

How is this achieved?

A Recovery & Well-being Worker will meet with you at home or in your local area to write your **Recovery Plan**. Your recovery plan will help you remember the areas in your life that you want to improve and your support worker will help you achieve your goals.

We can help you to work on these areas:

- Improving life skills.
- Support at reviews and medical appointments.
- Practical support to improve domestic arrangements at home.
- Working in partnership with you and your Social Worker or other health professionals that you may have contact with.
- Being more responsible for those who provide your care, e.g. by using Direct Payments.
- Referral/signposting you to other services where required.

Well-being & Recovery

It is important to us that your mental health and well-being improves as a result of using this service. To monitor this you will be asked to complete a **Well-Being Questionnaire** every 6 weeks. Your scores on this questionnaire will tell us where you may be having some problems or where you are making progress. You and your Recovery & Well-being Worker can look at ways to work through any difficult areas.



To use this service you will need to be:

- Aged 16 or older
- Recovering from or experiencing a diagnosed mental health problem.
- A family member of the person who is recovering from mental ill health, e.g. partner, spouse, parent, child.
- Resident in the Borough of Sandwell or West Birmingham.

Where to find us



Transport

All buses into West Bromwich Bus Station or Spon Lane
Nearest Metro Station - Trinity Way

Registered Office Address

KUUMBA CENTRE
Boulton Road, West Bromwich
West Midlands
B70 6NW

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