

## Our Aim

Our aim is to make sure that your choice of activities and services develop your independence and self esteem. We will help you to access community services and live independently.

## How does the support work?

- We will meet with you.
- Get your views on your strengths and abilities.
- Establish exactly what you want.
- Find out what's out there.
- Create a plan that works for you.

“My worker is someone who I have built up trust with. He is kind and patient with me.  
JH ”

“ I was impressed with how I was able to set the times and places to meet my worker, she came and was just like someone I knew for a long time. We get on very well and she supports me to keep my place clean and tidy and also to do things outside. SG ”

## Who is the service for?

- People with mental health issues
- People with learning difficulties
- People with physical disabilities
- Parents and children requiring support
- Anyone who wants to improve their mental wellbeing.

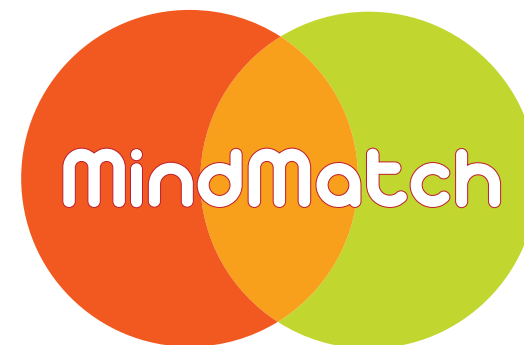


## Contact us

020 8588 1210

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[www.mindmatch.org.uk](http://www.mindmatch.org.uk)



Matching your needs  
to your choice of  
services

# MindMatch & You

We work together to create your own personal support plan. You are in control and choose the services you think you need. You can choose your own support worker and together we can review your progress.

## Personalised Support Packages

Your personalised support package will provide continuity of care and support and opportunities to increase personal development and independence for you and your family. You and your family will be in control of planning, assessment and review. You will be in control of any changes to your choice of services.

## Direct Payments

If you receive a Direct Payment you can choose from a wide range of personalised services. This can include your own Personal Assistant (PA), group and individual sessions, outreach services and personal development classes. If there is something else that you want to do we can find out what's out there for you.



# You Can Choose...

## Outreach Service: From £15 an hour

This service helps you to find out what's out there and get involved in activities that are going on in your local area. We can work together on a one to one basis or within a group.

The outreach service also provides support in your home so this could mean that you could have someone to help you with shopping, cleaning, cooking, etc. The possibilities are endless!

## A Personal Assistant: From £15 per hour

### Group Sessions: From £15 per session

- Drumming
- DJ
- Music
- Craft
- Cookery
- Confidence Building

## Personal Development: From £15 an hour

- Managing Conflict
- Developing Relationships
- Sex and Sexuality
- Anger Management
- Citizenship
- Parenting skills

## Gardening: £15 an hour

### Physical Exercise: From £15 an hour

- Gym
- Swimming
- Walking

## Travel Training: From £15 an hour

### Dance Classes: From £4 for 1 hour session

- Jive
- Zumba

## Well being: From £20 for 1 hour treatment

- Reflexology
- Thai Massage
- Swedish massage
- Aromatherapy

## Day Services: From £35 per day (activities negotiable)

## Sailing: From £120 per trip