

This Service Directory has been compiled
by members of the
Mental Health Northants Collaboration

relate
the relationship people

Teamwork

mind
for better mental health



Northampton
Counselling
Service

daylightcentre
FELLOWSHIP

Safe Haven
Crisis house

SPECTRUM
Living Learning Working



Northamptonshire Healthcare **NHS**
NHS Foundation Trust

For further information on any of the services listed or
to join the partnership and be included in the
directory, please contact:

www.mhnorthants.org.uk
E Mail:



MENTAL HEALTH
NORTHANTS
COLLABORATION



MENTAL HEALTH
NORTHANTS
COLLABORATION



Service Directory

Charity Number 1160931
Company Number 09295578

WHAT IS THE MENTAL HEALTH NORTHANTS COLLABORATION (MHNC)

We are a registered charity and company limited by guarantee formed from a collaboration between 14 Northamptonshire-based, not-for-profit (charitable), organisations.

Our Mission:

Local providers working together to deliver quality services to improve the mental health and well-being of individuals and their families.

Our Vision:

Individuals who experience mental health problems are free from discrimination and prejudice, and are valued and accepted within society.

What we do:

Collectively, we provide a diverse range of professional services across the county; services that are tailored to meet the unique needs to support each individual's emotional well-being, progression, development and recovery.

We have successfully supported people in their recovery from mental and emotional distress, severe and/or enduring mental health issues, crisis care, family or relationship breakdown, loss & bereavement, and other life stresses or problems. We provide support services that promote positive health and well-being including counselling, 1-1 support, groups/ courses to teach self-management strategies for coping with emotional distress, crisis support, peer support, social inclusion/community access services, accommodation support, information and guidance resources, and work-based volunteering.

Who are our services for?

We provide services for adults experiencing or recovering from mental or emotional distress, their families, carers and friends. We support people who have had long-term experience of accessing mental health/well-being services, as well as those who have had no formal contact with support services in the past.

1-1 SUPPORT

PROVIDER	LOCATION	PHONE	PAGE
Brackley Mind	Brackley	01604 634310	17
Corby Mind	Corby	01536 267280	18
Daventry Mind	Daventry	01327 879416	19
Kettering Mind	Kettering	01536 523216	21
The Manna House	County	01604 633304	7
Northampton & District Mind	Northampton	01604 634310	22
Northampton Counselling Service	Northampton	01604 633808	8
Oundle Rural Mind	East Northants	01832 275020	23
Relate Northamptonshire	County	01604 634400	10
Rushden Mind	East Northants	01933 312800	24
Safehaven	County	01536 461414	16
Spectrum Northants	Northampton	01604 754120	28
Teamwork	Kettering, Corby, Wellingborough	01536 511993	29, 30, & 31
Towcester Mind	S. Northants	01327 354931	25

INTERMEDIATE SUPPORT

Kettering Mind	Kettering, Corby & East Northants	01536 523216	21
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PEER SUPPORT

Corby Mind	Corby	01536 267280	18
Kettering Mind	Kettering	01536 523216	21
Northampton & District Mind	N'ton, Daventry, S. Northants	01604 634310	17, 19, 22, & 25
Rushden Mind	East Northants	01933 312800	24
Wellingborough Mind	Wellingborough & East Northants	01933 223591	26

STRUCTURED DAY OPPORTUNITIES

PROVIDER	LOCATION	PHONE	PAGE
Brackley Mind	Brackley	01604 634310	17
Corby Mind	Corby	01536 267280	18
Daventry Mind	Daventry	01327 879416	19
Daylight Centre	Wellingborough	01933 446490	20
Kettering Mind	Kettering	01536 523216	21
Northampton & District Mind	Northampton	01604 634310	22
Oundle Rural Mind	East Northants	01832 275020	23
Rushden Mind	East Northants	01933 312800	24
Spectrum Northants	Northampton	01604 754120	28
Towcester Mind	South Northants	01327 354931	25
Wellingborough Mind	Wellingborough	01933 223591	26

EDUCATION & LEARNING COURSES & GROUPS

Corby Mind	Corby	01536 267280	17
Daventry Contact	Daventry	01327 310711	27
Kettering Mind	Kettering	01536 523216	21
The Manna House	County	01604 633304	7
Northampton & District Mind	N'ton Daventry, S. Northants	01604 634310	17, 19, 22, & 25
Oundle Rural Mind	East Northants	01832 275020	23
Relate Northamptonshire	County	01604 634400	10
Rushden Mind	East Northants	01933 312800	24
Safehaven	County	01536 461414	16
Spectrum Northants	Northampton	01604 754120	28
Teamwork	Kettering, Corby, Wellingborough	01536 511993	29, 30, & 31
Wellingborough Mind	Wellingborough	01933 223591	26

HOW CAN THIS SERVICE DIRECTORY HELP YOU?

In the list below you will see some of the issues that MHNC may be able to help you and your family with, together with the organisations that could provide you with help and support.

Are you dealing with any of these issues or need help with the following?...

Accommodation Services

Crisis care

Depression, stress, anxiety, relationship breakdown, family problems, domestic abuse, bereavement, work / life balance issues

Severe or Enduring Mental Health Problems

Education and Learning, including self-management courses

Learning Difficulties

Information, Guidance, Signposting

Social, Emotional, or Practical Support

Vocational Services / Work-based Volunteering

Well-Being & Well-Being Navigator Services

Which organisations can help you?...

Kettering Mind

The Safe Haven

Manna House, Mind, Northampton Counselling Service, Relate, Teamwork, The Safe Haven, Spectrum

Mind, The Safehaven, Spectrum, Teamwork

Manna House, Mind, Relate, Spectrum, Teamwork

Spectrum, Teamwork

Mind, Relate, Spectrum, Teamwork

Daylight Centre, Mind, Teamwork

Daventry Contact, Mind, Relate, Spectrum, Teamwork

MHNC
NHFT

ACCOMMODATION SERVICES

Kettering Mind

T: 01536 523216

F: 01536 521267

E: kettmind@hotmail.com

www.ketteringmind.org.uk

- * Accommodation
- * Severe & Enduring Mental Health Support
- * Day Opportunities
- * Education & Learning
- * Counselling

49-51 Russell Street
Kettering NN16 0EN

Contact : Jo Pettitt or Karen Hancock

Days & Hours of Service

7 days a week variable hours at each project

Location of Service

Kettering and the surrounding areas

How to Access the Service

Referral only

Is there a charge for the service?

Rent payable weekly
Support with housing benefit entitlement if required.
Personal budgets accepted

Service Description

Kettering Mind has 5 supported housing projects, which support individuals to live independently in the community by developing skills and confidence. Mind offers support to promote social inclusion, emotional support, independent living skills, education, meaningful occupation and financial management.

- Clarkson House is a 4 bed house.
- Warkton House is a 3 bed house.
- Highfield Project consists of 3 independent flats and 2 studio apartments.
- Avondale Project consists of 6 independent flats with communal lounge and kitchen.
- The Pennels Project is a 7 bed house that allows individuals to gain the necessary living skills to live independently or to move on to other appropriate housing.

MHNC WELL BEING SERVICES

Goal-focussed, short-term support services

All services are Free at the point of access

COUNSELLING

PROVIDER	LOCATION	PHONE	PAGE
Corby Mind	Corby	01536 267280	5
Kettering Mind	Kettering	01536 523216	6
The Manna House	County	01604 633304	7
Northampton Counselling Service	Northampton	01604 633808	8
Oundle Rural Mind	East Northants	01832 275020	9
Relate Northamptonshire	County	01604 634400	10
Rushden Mind	East Northants	01933 312800	11
Teamwork	Kettering & Corby	01536 511993	13 & 14
The Safehaven	County	01536 461414	16
Wellingborough Mind	Wellingborough & East Northants	01933 223591	15

WORK-BASED & VOLUNTEERING SKILLS

Daventry Contact	Daventry	01327 310711	27
Kettering Mind	Kettering	01536 523216	21
Northampton & District Mind	N'ton, Daventry, S. Northants	01604 634310	17, 19, 22, & 25
Oundle Rural Mind	East Northants	01832 275020	23
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Well-Being Services

Well-Being Navigator Service

**T: 01604 658963/
01604 658916 (office)**
E: wellbeng.primarycare@nhs.net

- * 1-1 Support
- * Information and Guidance
- * Motivational Interviewing
- * Well-Being Events

Contact : Di Morris, Co-ordinator
01604 658813

Days & Hours of Service

Monday-Friday 9:30-5:00

Location of Service

County Wide

How to Access the Service

Referral, Self-Referral

Is there a charge for the service?

No

Service Description

Mental Health Northants is working in collaboration with NHFT to deliver a Well-Being Navigator Service.

Well Being Navigator Workers

The role of the Well-Being Navigators is to facilitate change to enhance Health and Well-Being for people in their communities. The Well-Being Navigator is based in the community, and, using motivational interviewing will:

- Meet people at a venue of their choosing
- Listen to what the individual is aspiring to achieve and help them assess whether they are ready to make those changes
- Support the individual in planning how they will make the changes
- Encourage, support and motivate the individual as they take the steps to make the change
- Give information about the various support services available that could help the individual make the necessary changes to achieve their personal hopes and aspirations.

In addition, the Well-Being Navigators will plan, deliver and evaluate Well-Being Group events which include the Navigator leading a well-being presentation, conducting individual health checks and facilitating the market place of organisations. Their role also develops health and well-being relationships within communities between local people, medical professionals and other supporting services.

COUNSELLING SERVICES

Corby Mind Counselling Service

T: 01536 267280
E: corbymind@yahoo.co.uk
www.corbymind.btik.com

- * Counselling
- * Day Opportunities
- * Enduring Mental Health
- * Mindfulness
- * Emotional Support
- * Structural Group Work
- * Stress Reduction

18 Argyll Street
Corby NN17 1RU

Contact : Iris Tinto
Nicola Holmes

Days & Hours of Service

9 – 4 Mon - Thurs
9 - 2 Fri

Location of Service

18 Argyll Street, Corby

How to Access the Service

Agency or Self Referral

Is there a charge for the service?

Personal Budgets would be accepted for payment

Service Description

Corby Mind's Counselling Service aims to give local adults an opportunity to explore, discover and clarify ways of living more resourcefully and to develop a greater sense of wellbeing through talking to a counsellor in an agreed set of counselling sessions. All counsellors are appropriately trained and supervised.

The service uses the British Association of Counselling and Therapy's Ethical Framework with confidentiality, equality and diversity embedded within the service. Following referral, an assessment appointment is offered when more information is requested and it is ensured that counselling is the most appropriate service. We often have a waiting list which people can join once assessed.

COUNSELLING SERVICES

Kettering Mind Counselling Service

- * Counselling
- * Day Opportunities
- * Enduring Mental Health

T: 01536 523216

F: 01536 521267

E: kettmind@hotmail.com

www.ketteringmind.org.uk

49-51 Russell Street
Kettering NN16 0EN

Contact : Jo Pettit

Days & Hours of Service

By appointment

Location of Service

49-51 Russell Street
Kettering NN16 0EN

How to Access the Service

Agency or Self Referral

Is there a charge for the service?

No fixed charges, there is a suggested donation level. Personal budgets would be accepted.

Kettering Mind's Counselling Service aims to give local adults an opportunity to explore, discover and clarify ways of living more resourcefully and to develop a greater sense of well-being through talking to a counsellor in an agreed set of counselling sessions. All counsellors are appropriately trained and supervised.

The service uses the British Association of Counselling and Therapy's Ethical Framework with confidentiality, equality and diversity embedded within the service. Following referral, an assessment appointment is offered when more information is requested and it is ensured that counselling is the most appropriate service.

VOCATIONAL SERVICES / VOLUNTEERING

Teamwork Wellingborough

T: 01933 442066

F: 01933 271606

E: manjulam@teamworktrust.co.uk

www.teamworktrust.co.uk

- * Education & Learning
- * Counselling Programme
- * Information & Signposting

38A Oxford Street
Wellingborough NN8 4JG

Contact : Manjula Mistry

Days & Hours of Service

Monday to Friday 8.00am - 4.00pm
Additional counselling Tues Eves
Weekend activities as scheduled

Location of Service

Wellingborough

How to Access the Service

Referral by GP, key worker, Care Manager, CMHT, Transition Team, Nurse, Employment services, Well Being Navigators, Carers, and Self-referrals by Personal Budget holders or Self-funding Individuals .

Is there a charge for the service?

Enabling Programme £19.20 per half day
Education Programme £10 per 2 hr class (Cookery £15)
Counselling £5-£20 per session depending on circumstances.
Self-Directed Support or Personal Budget Holders accepted.

Service Description

Enabling Programme is designed to produce positive outcomes and progression for individuals who on attendance become members of the organisation, this means members shape the services. We enable our members to have more choice and control over their daily life whilst feeling safe and secure when they are with us. We can help our members develop:-

Work based & volunteering skills
Community-based volunteering

Independence

Choice and control
Social interaction

Education Programme: designed to give the opportunity to develop and maintain skills for independence and employability. We offer a wide range of classes both accredited and non-accredited, both short and long term. Individuals are encouraged to participate in classes which will help them to meet their own needs and aspirations as identified in their individual care plans.

Activities Programme: provides our members with social events and trips within the local community. These can include walking clubs and camping, day trips, evening functions, guest speakers and entertainment and community group events

VOCATIONAL SERVICES / VOLUNTEERING

Teamwork

Kettering

T: 01536 511993

F: 01536 511994

E: SteveW@teamworktrust.co.uk

www.teamworktrust.co.uk

- * Education & Learning
- * Counselling Programme
- * Information & Signposting

1 Stanier Close
Northfield Avenue
Kettering NN16 9XW

Contact : Steve Wharmby

Days & Hours of Service

Monday to Friday 8.00am - 4.00pm
Additional counselling Tues Eves
Weekend activities as scheduled

Location of Service

Kettering

How to Access the Service

Referral by GP, key worker, Care Manager, CMHT, Transition Team, Nurse, Employment services, Well Being Navigators, Carers, and Self-referrals by Personal Budget holders or Self-funding Individuals.

Is there a charge for the service?

Enabling Programme £19.20 per half day
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Counselling £5-£20 per session depending on circumstances.
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Activities Programme: provides our members with social events and trips within the local community. These can include walking clubs and camping, day trips, evening functions, guest speakers and entertainment and community group events

COUNSELLING SERVICES

Manna House Counselling Service

T: 01604 633304

F: 01604 635498

E: mhcs@mannahouse.org.uk

www.mannahouse.org.uk

- * Counselling
- * Education & Learning

73 St Giles Street
Northampton NN1 1JF

Contact: Amanda Wood or Liz Rochford

Days & Hours of Service

8.30am – 7.30pm Mon - Fri

Location of Service

Northampton, with clinics around the county including Brixworth, Rushden, Kettering and Wellingborough

How to Access the Service

Open access, via telephone, e-mail and the web

Is there a charge for the service?

No fixed charges, there is a suggested donation level according to financial status. Personal budgets are accepted.

Service Description

Our counselling service can be described as :- ***"that activity which seeks to help people towards constructive change and growth in any and every aspect of their lives through a caring relationship and within agreed boundaries"***.

Since 1985 we have helped in excess of 3,800 people and delivered over 40,000 sessions. The service fills a gap in the market place for easy, and where necessary, free access for people to find help over life traumas, relationship issues, emotional turmoil, bereavement and other such issues. The service offers 1-1 help and has an aim to work with clients to improve general well-being and reduce mental/emotional stresses in a way that gives long term stability. Our approach is one of meeting people at their point of need regardless of their age, gender, religious affiliation (or none), race or social background. Clients' ages range from 8 to 85 years old. There is quite an even spread across the age ranges including some specialist work with children. The 'Stonewalls Project', focuses on those young people who have lost a parent through divorce, separation or death. MHCS also hosts Living Life to the Full courses; an evidence based psycho-education and life skills programme delivered over 10 weeks.

In addition, MHCS has a counsellor training programme providing nationally recognized training courses at Introduction, Certificate and Diploma levels. We also provide training workshops during evenings, and ½ day and full-day seminars to businesses, organisations, groups etc.

COUNSELLING SERVICES

Northampton Counselling Service

* Counselling

T: 01604 633808

E: admin@northamptoncounselling.org
www.northamptoncounselling.org

Spencer House
3 Spencer Parade
Northampton NN1 5AA

Contact : Denise Horn, Administrator

Days & Hours of Service

Monday – Friday 9.00am – 5.00pm

Location of Service

Spencer House
3 Spencer Parade
Northampton NN1 5AA

How to Access the Service

Self-Referral, GP, Social Services,
Well-Being Services

Is there a charge for the service?

Donation required towards cost of service

Contact us by Telephone or by
email and we'll get back to you,
thank you.

Service Description

Counsellors from the Northampton Counselling Service (NCS) have been helping for over thirty years. We offer help to everyone, regardless of age, background, income, race, religion or sexuality.

There are situations in which our ability to cope with life seems painfully inadequate. Many people suffer at times, from severe emotional, mental and spiritual distress, and can be helped by counselling. Our counsellors in Northampton provide their services voluntarily. We are accredited by the British Association for Counselling and Psychotherapy (No 101299).

VOCATIONAL SERVICES / VOLUNTEERING

Teamwork Corby

* Education & Learning
* Counselling Programme
* Information & Signposting

T: 01536 400931

F: 01536 400616

E: HelenB@teamworktrust.co.uk
www.teamworktrust.co.uk

Unit 0 St Marks Road
Corby NN18 8AN

Contact : Helen Barber

Days & Hours of Service

Monday to Friday 8.00am - 4.00pm
Additional counselling Tues Eves
Weekend activities as scheduled

Location of Service

Corby

How to Access the Service

Referral by GP, key worker, Care
Manager, CMHT, Transition Team,
Nurse, Employment services, Well
Being Navigators, Carers, and Self-
referrals by Personal Budget
holders or Self-funding Individuals .

Is there a charge for the service?

Enabling Programme £19.20 per half day
Education Programme £10 per 2 hr class
(Cookery £15)
Counselling £5-£20 per session depending
on circumstances
Self-Directed Support or Personal Budget
Holders accepted.

Service Description

Enabling Programme is designed to produce positive outcomes and progression for individuals who on attendance become members of the organisation, this means members shape the services. We enable our members to have more choice and control over their daily life whilst feeling safe and secure when they are with us. We can help our members develop:-

Work based & volunteering skills
Community-based volunteering

Independence

Choice and control
Social interaction

Education Programme: designed to give the opportunity to develop and maintain skills for independence and employability. We offer a wide range of classes both accredited and non-accredited, both short and long term. Individuals are encouraged to participate in classes which will help them to meet their own needs and aspirations as identified in their individual care plans.

Activities Programme: provides our members with social events and trips within the local community. These can include walking clubs and camping, day trips, evening functions, guest speakers and entertainment and community group events

VOCATIONAL SERVICES / VOLUNTEERING

Spectrum Northants

T: 01604 754120

F: : 01604 587556

E: info@spectrumnorthants.co.uk

www:spectrumnorthants.co.uk

- * Education & Learning
- * Day Opportunities
- * Enduring Mental Health
- * Skills training & Wellbeing
- * Social Inclusion
- * Short-term goal focussed Support
- * Information and Guidance

Berrywood Road & 9 William Street,
Duston Northampton
Northampton NN1 3EW
NN5 6XA

Contact : Jenny Cotton-Howells

Days & Hours of Service

Monday - Thursday 9:00- 4:00
Fridays 9:00 – 1:00

Location of Service

Northampton NN5 and NN1

How to Access the Service

Referral, G.P. CMHT, Keyworkers,
Social Worker, Adult Care/Transition
Teams, Carer/Self-referral - open
access is subject to Spectrum
assessment.

Is there a charge for the service?

Via Self direct support or personal budget
holders

Service Description

Spectrum can provide placements for short-term and enduring mental health needs. We can provide a variety of work-place skills, creative skill opportunities, employability and social confidence building.

Spectrum is a person centred multi-functional skills and recovery resource centre focusing on wellbeing, independence, confidence building, learning and employability in a supportive, friendly environment.

We aim to support individuals to achieve their own goals with a choice of vocational, practical and both accredited and non-accredited courses.

Spectrum provides a safe environment, where short term, goal focused, work based experience and peer support is provided.

COUNSELLING SERVICES

Oundle Rural Mind Counselling Service

- * Counselling
- * Day Opportunities
- * Enduring Mental Health

T: 01832 275020

E:oundleruralmind@btconnect.com

1 Herne Park, East Road
Oundle
Peterborough PE8 4BZ

Contact : Irene Issitt

Days & Hours of Service

By appointment only—Thursday &
Friday

Location of Service

1 Herne Park, East Road, Oundle

How to Access the Service

Referral, Self-referral, CMHT, GP.

Is there a charge for the service?

Yes - donations for counselling
sessions

Service Description

Oundle Rural Mind's counselling service aims to offer all clients a service to meet each person's individual needs. We offer a range of approaches including psychodynamic and person centred. Our counsellor offers an open ended service, meaning you receive counselling for as long as you and your counsellor feel is needed.

We accept referrals from GP's and health professionals and aim to see people within two weeks for an assessment. We manage our waiting list very closely and clients usually begin their counselling within four weeks. Our Counsellor is trained and is an Associate Member of the BACP and Accredited Member of the National Counselling Society. We aim to help clients with a range of issues and staff support is always on hand for clients who feel they need it.

We offer a friendly and approachable service and are happy to answer any enquiries.

COUNSELLING SERVICES

Relate Northamptonshire

T: 01604 634400

F: 01604 250614

E: info@relatenorthants.org.uk

www.relatenorthants.org.uk

- * Counselling
- * Education & Learning
- * Volunteering Opportunities

St. Giles House
76 St. Giles Street
Northampton NN1 1JW

Contact: Carolyn Benjamin

Days & Hours of Service

09:30 to 21:30 Monday to Thursday
09:30 to 17:00 Friday
09:30 to 13:00 Saturday

Location of Service

Northampton, Kettering, Rushden & Wellingborough — Brackley, Corby, Daventry & Towcester by arrangement

How to Access the Service

Self referral, GPs, Schools, Social Services, Employer. Contact us by telephone, email, fax, the Website or call into the Centre

Is there a charge for the service?

We seek a contribution towards the cost of counselling and will suggest a cost based on income. Personal budgets will be considered.

Service Description

Our counselling services are available to individuals, couples, families and children & young people. Our practitioners, many of whom are members or accredited with the British Association for Counselling & Psychotherapy (BACP) help service users deal with a range of issues such as stress, anxiety, depression, relationship problems, separation and divorce, communication difficulties, redundancy, loss & bereavement and struggles with work/life balance.

We provide emotional support and counselling to victims of sexual and domestic abuse and a 1-1 based intervention for male perpetrators of abuse called Choosing to Change. We also have a number of psycho-sexual therapists for those experiencing sexual difficulties in their relationships. In addition, we deliver counselling to employees who may be struggling with issues that are affecting their ability to perform in the workplace.

Our range of education and learning workshops, (many accredited by the Open College Network) include stress management, building confidence & self-esteem, understanding relationships, moving on after separation or divorce, basic counselling skills and parenting programmes

VOCATIONAL SERVICES / VOLUNTEERING

Daventry Contact

T: 01327 310711/07814712592

E: charity@daventrycontact.org

www.daventrycontact.org

- *Education & Learning
- *Volunteering Opportunities

Units 1 – 2, South March
Long March Industrial Estate
DAVENTRY NN11 4PH

Contact : Martin Birch

Days & Hours of Service

9:00 -16:30 Tuesday—Thursday
Half & Full Days available during any or all three days listed above

Location of Service

Units 1 – 2, South March
Long March Industrial Estate
DAVENTRY NN11 4PH

How to Access the Service:

Self-Referral, GP, Social Services
Community Mental Health Teams
Contact us by Telephone or by email and we'll get back to you, thank you

Is there a charge for the service?

Can be purchased by Self-Directed Support or Personal Budget Holders. Price is £130/week for 3 Half Days/week or £200/week for 3 Full Days/week.

Service Description

Firstly, the charity provides work-experience based placements which include training for Individuals recovering from Mental Health related problems. Referrals of individuals that are in receipt of a health service related personal budget allocation or self-directed support are invited to consider a placement with the charity. The type of work-experience offered is linked to 'Personal Output Objectives' approved by NHS Northamptonshire and tailored to our second primary service described below.

We pride ourselves in caring for people and keen to encourage folks who join us for whatever length of time they need, to aid recovery and feel better about themselves. We cater for any combination of half or full day attendance required, so feel free to ask for our price structure that best suits your needs.

Secondly, the charity is engaged in supporting the material needs of people in the Daventry District area by reducing the burden of poverty with the supply of furniture. We have a dedicated team of employees and volunteers include those related to work-experienced based schemes described above. Together we collect, store, dispatch and deliver goods and furniture to those who need it most. And a recycling service, offer rewarding meaningful volunteer work at Daventry Contact (Registered Charity & Social Enterprise Ltd).

DAY OPPORTUNITIES

Wellingborough & District Mind

T: 01933 223591

E: admin@wellingboroughmind.org.uk
www.wellingboroughmind.org.uk

- * Day Opportunities
- * Counselling
- * Education & Learning
- * 1-1 Emotional and Practical Support

14 Havelock Street
 Wellingborough
 Northants
 NN8 4QA

Contact : Kate Beckingham or
 Oliver Towell

Days & Hours of Service

Monday & Tuesday: 9.00am – 5.00pm
 Wednesday: 1.00pm – 7.00pm
 Thursday and Friday: 9.00am-5.00pm

Location of Service

Havelock Street, Wellingborough

How to Access the Service

Referrals can be made by:
 Health Professionals
 Self-referral

Is there a charge for the service?

No

Service Description

Wellingborough Mind is a mental health charity working to provide opportunity, respect, friendship and choice to improve the lives of people with mental health needs.

We offer a wide range of recovery focused educational courses and resources aimed at supporting people in recognising and making the most of their talents and resources, through self-management, to deal with the mental health challenges they experience and to achieve the things they want to in life.

Services include:

- Confidence
- Self Esteem
- Understanding Stress
- Wellness Recovery Action Planning (WRAP)
- Relaxation
- 1-1 Support
- Peer Support Group
- Art and Craft Group

COUNSELLING SERVICES

Rushden Mind Counselling Service

T: 01933 312800

E: office@rushdenmind.org.uk
www.rushdenmind.co.uk

- * Counselling
- * Day Opportunities
- * Enduring Mental Health

Phoenix House
 Skinners Hill
 Rushden NN10 9YE

Contact : Jodie Gardner

Days & Hours of Service

Mon: 10.00am – 9.00pm
 Tues & Fri: 10.00am – 4.00pm
 Weds: 10.00am – 8.00pm

Location of Service

Rushden and surrounding area

How to Access the Service

We accept referrals from GPs, self-referrals and other health professionals. Referral forms are available online at our website or from

Is there a charge for the service?

Yes - per counselling session:
 £7.50 if unwaged, £15 if employed part-time and £20 if employed.

Service Description

Each client is given an initial assessment to ascertain whether counselling is right for them, and to look at other services that might be more appropriate. We aim to offer a counselling appointment within eight weeks maximum of being placed on the waiting list.

Rushden Mind Counselling Service aims to provide one to one counselling for people experiencing mild to moderate emotional difficulties or mental health issues. We can help with issues such as anxiety, depression, bereavement, relationship breakdown, work place stress, abuse, to name but a few. We have a dedicated and experienced team of qualified and student counsellors who are trained in various models of counselling and psychotherapy. Duration of counselling can be short term, i.e. a few weeks, up to a maximum of one year

COUNSELLING SERVICES

The Safe Haven

T: 01536 461414

E:safehaven22@googlemail.com

- * Crisis
- * Counselling
- * Enduring Mental Health
- * Information and Guidance
- * Volunteering Opportunities
- * Groupwork
- * Crisis Bed

82 Dorking walk
Corby NN18 9JN

Contact : Janice Crane
Mobile: 07729945056

Days & Hours of Service

6pm-2am Saturday– Sunday

Location of Service

Corby but county-wide provision
Transport may be provided for crisis
service in North Northants area.

How to Access the Service

Self-referral & Referrals

Is there a charge for the service?

Counselling & complementary therapies
are donation based & personal budgets
payments are accepted

Service Description

We offer counselling and holistic therapies by appointment only, to best match client needs. The service is open to all, either by self-referral or referral by GP or other agency.

We provide a professional, confidential service for anyone experiencing emotional distress .

We also provide an out of hours drop in and telephone support evening, crisis service offering; a non-judgemental, listening, caring & supporting service for people in mental distress, enabling people to stay in control to best manage personal crisis and aid prevention of hospital admission

DAY OPPORTUNITIES

Towcester Mind

T: 01327 354931

F: 01604 604964

E: Mindadmin@btconnect.com

www.northamptonmind.org.uk

- * Day Opportunities
- * Education & Learning
- * Enduring Mental Health
- * Social Inclusion
- * Short-term goal focussed Support
- * Information and Guidance

Chantry House
Chantry Lane
Towcester NN12 6YY

Contact Joanne Webb

Days & Hours of Service

Thurs, Fri 10.30am –3.30pm

Location of Service

Towcester

How to Access the Service

Referral/Self-Referral

Is there a charge for the service?

Services are free for all who need them,
but personal budgets are accepted for
payment from those eligible (prices
available by request)

Service Description

Towcester Mind offers social, practical and emotional support to individuals with significant experience of accessing mental health services as well as those who are more recently diagnosed and are learning to cope with their illness. The service works to a semi-structured framework which enables individuals to participate in a wide-range of activities to improve their mental health and well-being.

A key aim of the services is to promote and facilitate social inclusion through improved access to mainstream activities and facilities. We acknowledge that all individuals accessing the service are unique and have different hopes, interests, needs and aspirations and we aim to work in partnership with service users to together identify aims and goals for personal development.

Within the services, people are encouraged to actively get involved in their own mental well-being through accessing the various groups and 1-1 work on offer. Some groups provide opportunities for people to develop strategies for coping with their illness (e.g. managing depression), others are specifically educational and are aimed at assisting people to develop the confidence to attend mainstream educational facilities, whilst other groups are purely social and recreational in focus and are aimed to assist people to extend their personal interests, their social networks and to provide peer support to one another.

This services is part of Northampton and District Mind

DAY OPPORTUNITIES

Rushden Mind

T: 01933 312800

E: office@rushdenmind.org.uk

www.rushdenmind.co.uk

- * Day Opportunities
- * Advocacy and 1-1 Support
- * Counselling
- * Enduring Mental Health
- * Education & Learning

Pheonix House
Skinners Hill
Rushden NN10 9YE

Contact : Jodie Gardner

Days & Hours of Service

Mon, Tues, Weds and Fri 9.30am – 4.30pm. Thurs 9.30am-1.00pm
Outside these hours, by appointment only

Location of Service

Rushden & surrounding area

How to Access the Service

Individuals may be Referred by GP, Community Mental health Team, Well-Being Navigators, or Self-referral.

Is there a charge for the service?

Yes - Personal budgets are accepted for payment (prices on request); self-funding contributions for non budget holders (prices on request) contributions between £7.50 and £20 for counselling sessions

Service Description:

Rushden Mind provides services to people affected by mental health problems within Rushden and the surrounding area. All of our services are underpinned by a value-base of promoting social inclusion, individual development, progression, and recovery to aid individuals to live independently and stay well in their own communities.

Our day opportunities provide a wide range of groups and support for individuals. The groups currently include peer support sessions, anxiety and depression group, women's group, art group, craft group and walking group.

We also offer structured group work and short-term goal focused opportunities including courses covering topics such as self-esteem, assertiveness, and mental health awareness. These courses are available to individuals or can be tailored for use by organizations for staff training and development.

Alongside our groups we offer 1-1 support, advocacy, advice, e-mail, and telephone support, an emotional support/active listening service and counselling.

Rushden Mind also works towards challenging the stigma that surrounds mental health and offers regular placement opportunities to student social workers, police offers and psychology students and we have a thriving volunteer programme.

COUNSELLING SERVICES

Teamwork Counselling Programme Kettering

T: 01536 511993

F: 01536 511994

E: JackieS@teamworktrust.co.uk

www.teamworktrust.co.uk

- * Counselling
- * Day Opportunities
- * Employment Services
- * Enduring Mental Health

1 Stanier Close
Northfeild Avenue
Kettering NN16 9XW

Contact : Jackie Sawford

Days & Hours of Service

Monday to Friday 8.00am - 4.00pm
Additional counselling Tues Eves
Weekend activities as scheduled

Location of Service

Kettering

How to Access the Service

Referral by GP, key worker, Care Manager, CMHT, Transition Team, Nurse, Employment services, Well Being Navigators, Carers, and Self-referrals by Personal Budget holders or Self-funding Individuals

Is there a charge for the service?

There is a suggested donation of £5 a session for anyone unwaged, £10 a session for anyone employed and £20 a session for couples counselling.

Service Description

We have a Counselling programme which is open to all, either by self-referral or referral by GP, CMHT, Well Being Teams or other organisations or services. We welcome referrals from the commercial world to help with staff issues such as work-related stress. We also offer personal therapy and/or placements for students of counselling at the local colleges. Our Counselling Service operates from our Kettering and Corby Centre's Monday to Friday 9am through to 4pm, and at Kettering we also offer Tuesday evening sessions. It is staffed by suitably qualified counsellors receiving regular, professional Supervision, and is fully confidential.

We can help with:- Depression, Anxiety, Bereavement, Trauma/Abuse, Eating Disorders, Mental Health Issues, Work-Based Issues, Relationships, Couples Counselling, Confidence Building and Self Esteem

COUNSELLING SERVICES

Teamwork Counselling Programme Corby

T: 07842 086256

E:

corbcounselling@teamworktrust.co.uk

www.teamworktrust.co.uk

- * Counselling
- * Day Opportunities
- * Employment Services
- * Enduring Mental Health

Unit 0
St Marks Road
Corby NN18 8AN

Contact : Nicola Woods, Lisa Coats

Days & Hours of Service

Monday to Friday 8.00am - 4.00pm
Weekend activities as scheduled

Location of Service

Corby

How to Access the Service

Referral by GP, key worker, Care Manager, CMHT, Transition Team, Nurse, Employment services, Well Being Navigators, Carers, and Self-referrals by Personal Budget holders or Self-funding Individuals

Is there a charge for the service?

There is a suggested donation of £5 a session for anyone unwaged, £10 a session for anyone employed and £20 a session for couples counselling.

Service Description

We have a Counselling programme which is open to all, either by self-referral or referral by GP, CMHT, Well Being Teams or other organisations or services. We welcome referrals from the commercial world to help with staff issues such as work-related stress. We also offer personal therapy and/or placements for students of counselling at the local colleges. Our Counselling Service operates from our Kettering and Corby Centre's Monday to Friday 9am through to 4pm, and at Kettering we also offer Tuesday evening sessions. It is staffed by suitably qualified counsellors receiving regular, professional Supervision, and is fully confidential.

We can help with:- Depression, Anxiety, Bereavement, Trauma/Abuse, Eating Disorders, Mental Health Issues, Work-Based Issues, Relationships, Couples Counselling, Confidence Building and Self Esteem

DAY OPPORTUNITIES

Oundle Rural Mind

T: 01832 275020

E: oundleruralmind@btconnect.com

- * Day Opportunities
- * Counselling
- * Enduring Mental Health
- * Information & signposting

1 Herne Park
East Road, Oundle
Peterborough PE8 4BZ

Contact: Irene Issitt

Days & Hours of Service

Monday – Thursday 9am – 4pm

Location of Service

Oundle and District

How to Access the Service

Referral, Self-referral and Open Access

Is there a charge for the service?

Yes - Personal budgets; contributions from other users; donations for counselling sessions

Service Description:

The aim of Oundle Rural Mind is to provide services to people affected by mental health problems. We work to the principles of recovery, social inclusion, community access and participation.

Our service users are at the heart of Oundle Rural Mind. They are trustees, they lead activities and hold weekly meetings to plan events. Our programme develops from the suggestions, needs and interests of the users of our services, so it changes from time to time.

Currently we offer:

- | | |
|-----------------------------|---|
| Counselling | One-to-one advice, support and advocacy |
| Gentle exercises | Educational groups - Art |
| Social activities | Healthy eating group |
| Peer support group services | |

We have a team of paid staff and volunteers who work with anyone who needs us, is able to access our service, and who lives in Oundle or the surrounding areas. Together with our Colleagues at Rushden Mind we provide a Well-being service throughout East Northamptonshire. Come and see if we can help you!

DAY OPPORTUNITIES

Northampton & District Mind

T: 01604 634310/624951

F: 01604 604964

E: mindadmin@btconnect.com

www.northamptonmind.org.uk

- * Day Opportunities
- * Enduring Mental Health
- * Education & Learning
- * Social Inclusion
- * Short-term goal focussed Support
- * Information and Guidance

6/7 Regent Square
Northampton NN1 2NQ

Contact Karen Buckby, CEO
Matt Foreman, Service Manager

Days & Hours of Service

Mon-Fri 10am-4pm
Evenings & weekends subject to demand

Location of Service

Regent Square & Wellington Street,
Northampton

How to Access the Service

Referral/Self-Referral

Is there a charge for the service?

Services are free for all who need them, but personal budgets are accepted for payment from those eligible (prices available by request)

Service Description

In Northampton, Mind has 2 Mental Health Resource Centres. Both locations offer services aimed to promote individual well-being, progression, development, and recovery through the provision of a range of services and activities that assist individuals to achieve their hopes and aspirations, aid the development of self-management strategies for coping with mental ill health/distress, promote independence, and encourage individuals to realize their full potential. Current services include:

Educational courses/groupwork programme
Social and recreational opportunities,
Short/Long-term individual support planning
Advocacy support at reviews,
1-1 emotional and practical support
Supported volunteering/work placement

Peer support services,
Community-based activities
Gender sensitive services.
Information and guidance,
E-mail and telephone support
Personal assistants.

We also provide a young people's service for people aged 16-25 years and have an established Learning Hub which delivers mental health training courses for individuals and organisations and provides educational placements for student social workers.

COUNSELLING SERVICES

Wellingborough Mind Counselling Service

T: 01933 223591

F: 01536 511994

E: admin@wellingboroughmind.org.uk

www.teamworktrust.co.uk

- * Counselling
- * Day Opportunities
- * Education and Learning
- * Enduring Mental Health

14 Havelock Street
Wellingborough
Northants
NN8 4QA

Contact: Kate Beckingham or
Oliver Towell

Days & Hours of Service

Monday & Tuesday: 9.00am–5.00pm
Wednesday: 9.00am–7.00pm
Thursday and Friday: 9.00am–5.00pm

Location of Service

Wellingborough

How to Access the service

Referrals can be made by:
GP, Health Professionals, Self-referral

Is there a charge for this service?

No

Service Description

Wellingborough Mind is a mental health charity working to provide opportunity, respect, friendship and choice to improve the lives of people with mental health needs.

We provide you with a safe, confidential and non-judgemental environment in which you may discuss any aspect of your life safe in the knowledge that you have been heard and understood.

All of our counsellors are members of the British Association for Counselling and Psychotherapy and work with in their ethical framework.

CRISIS SERVICES

The Safe Haven

T: 01536 461414

E:safehaven22@googlemail.com

- * Crisis
- * Counselling
- * Enduring Mental Health
- * Information and Guidance
- * Volunteering Opportunities
- * Groupwork
- * Crisis Bed

82 Dorking walk
Corby NN18 9JN

Contact : Janice Crane

Days & Hours of Service

6pm-2am Saturday– Sunday

Location of Service

Corby but county-wide provision
Transport may be provided for crisis
service in North Northants area.

How to Access the Service

Self-referral & Referrals

Is there a charge for the service?

Crisis service is currently free.
Counselling & complementary therapies
are donation based & personal budgets
payments are accepted

Service Description

An out of hours drop in & telephone support evening crisis service offering; a non-judgemental, listening, caring & supporting service for people in mental distress. Enabling people to stay in control to best manage personal crisis & aid prevention of hospital admission. In addition we offer counselling & holistic therapies by appointment only, to best match client needs

DAY OPPORTUNITIES

Kettering Mind

T: 01536 523216

F: 01536 521267

E: kettmind@hotmail.com

www.ketteringmind.org.uk

* Day Opportunities

- * Counselling
- * Enduring Mental Health
- * Information & Signposting
- * Education and Learning

49/51 Russell Street
Kettering NN16 OEN

Contact : Jo Pettitt or Pauline Blyth

Days & Hours of Service

Office Monday – Friday 9.00-4.30
Service Monday – Sunday varying
times, depending on need

Location of Service

Kettering and surrounding areas

How to Access the Service

We accept referrals from GPs,
Wellbeing Navigators, Community
Mental Health Teams, Short Term
Teams, Long Term Teams and Self-
referrals

Is there a charge for the service?

Some services do have a charge attached.
Personal budgets are accepted for
payment

Service Description

Kettering Mind offer services which endeavor to enhance and enrich the quality of life of people with mental health needs and the well-being of the community. To achieve our purpose, Kettering Mind will provide cost effective activities, opportunities and services that:

- Enable people to live as independently as possible
- Enable people to cope with, manage and improve their own mental health
- Open doors to fulfilling activity and valued roles in the community
- Reduce the stigma and discrimination about mental health
- Educate and increase wellbeing in the local community

Services available:

- | | | |
|---|----------------------|----------------|
| Supported Accommodation | Intermediate Support | Creative Arts |
| Individual Support Service | Performing Arts | Support groups |
| Community Access | | |
| Group Sessions e.g. anxiety management, anger management, Life skills | | |
| Peer Support- supporting individuals with enhancing their well-being and to develop their own Recovery Plan | | |
| Mixing Bowl (Information Centre & Refreshments) | | |

DAY OPPORTUNITIES

Daylight Centre

T: 01933 446 490
F: 01933 446 495
E: info@DaylightCF.org
www.DaylightCF.org

- * Information & Signposting
- * Day Opportunities
- * Volunteering Opportunities

Daylight Centre Fellowship
 10 High Street Place
 Wellingborough
 Northants NN8 4HP

Contact Paul Adams, Manager

Days & Hours of Service

Monday-Friday (ex Bank Holidays)
 from 10:30am to 1:30pm

Location of Service

Town Centre of Wellingborough;
 Queens Hall, High Street,
 Wellingborough NN8 4HP

How to Access the Service

Open Access to anyone aged 18 or over

Is there a charge for the service?

FREE access with modest charge for food, clothing, shower etc. Personal Budgets would be accepted for payment

Service Description

Daylight Centre provides a place for adults who need support, whether this is linked to housing difficulties or need for companionship, assistance with developing purposeful activities, healthier life-styles, building relationships of friendship and other routes towards enhancing quality of life. Services available include:

- Peer support & Group activities - on site and off
- Individual Sign-posting & Information and Guidance
- Meals & Food and Clothing Bank & Shower facility

Many people in our society are vulnerable, lonely and grappling with complex needs. Multiple agencies exist to meet those needs; but there are significant gaps in provision, and the unique role of the DCF is to fill at least some of those gaps, particularly gaps in time and space:

Time to talk, and be listened to; time to help unravel complex problems and identify practical steps towards solutions.

Space that is welcoming, clean and comfortable, inexpensive, unpressurised and non-judgemental.

We offer time, space and practical guidance to people that enables them to tackle the problems that limit their quality of life. We have a reputation for being able to overcome barriers and achieve multi-agency working - to find solutions that deliver outcomes.

DAY OPPORTUNITIES

Brackley Mind

T: 01604 634310
F: 01604 604964
E: Mindadmin@btconnect.com
www.northamptonmind.org.uk

- * Day Opportunities
- * Enduring Mental Health
- * Education & Learning
- * Social Inclusion
- * Short-term goal focussed Support
- * Information and Guidance

Brackley Health Centre
 Halse Road
 Brackley NN13 6EJ

Contact : Joanne Webb

Days & Hours of Service

Evening service 6pm-2am Saturday-Tuesday

Location of Service

Brackley Health Centre
 Halse Road
 Brackley NN13 6EJ

How to Access the Service

Self-referral & Referrals

Is there a charge for the service?

Services are free for all who need them, but personal budgets are accepted for payment from those eligible (prices available by request)

Service Description

Brackley Mind is available to anyone experiencing mental health difficulties from stress and anxiety to severe and enduring mental health problems. We work on a group basis, but time will always be made for individuals to access 1-1 support if that is required.

We acknowledge that all individuals accessing the service are unique and have different hopes, interests, needs and aspirations. We therefore aim to work in partnership with individuals and together identify aims and goals for personal development and recovery.

The service adopts a semi-structured framework which enables individuals to participate in a wide range of activities to improve their mental health and well-being from informal recreational and social activities to more structured groupwork. We aim to afford all individuals accessing the service the opportunity to develop their skills and knowledge in order to live valued lives in their community. We encourage individuals to challenge their emotional, practical and physical problems by providing a relaxed and supportive environment to promote recovery and social inclusion.

This service is part of Northampton and District Mind

DAY OPPORTUNITIES

Corby Mind T: 01536 267280 E: corbymind@yahoo.co.uk www.corbymind.btik.com	<ul style="list-style-type: none"> * Day Opportunities * Counselling * Enduring Mental Health * Mindfulness * Emotional Support * Structural Group Work * Stress Reduction
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18 Argyll Street
Corby NN17 1RU

Contact : Iris Tinto
Nicola Holmes

Days & Hours of Service

9 – 4 Mon - Thurs
9 - 2 Fri

Location of Service

18 Argyll Street, Corby

How to Access the Service

Agency or Self Referral

Is there a charge for the service?

Personal budgets would be accepted for payment

Service Description

Corby Mind offers Day Opportunities for adults with experience of mental distress living within the Corby area. The service offers social, emotional and practical support through a variety of drop-in, group work and primary work.

Each referral is encouraged to make a person centered plan concentrating on recovery and well-being which will form the basis for the way Day Opportunities are used. Plans are regularly reviewed. Our services offer a safe environment where people can learn new skills, become part of their own local community and feel better about their lives. We aim to promote equality of opportunity and ensure that member's voices are heard and responded to. Referral is by direct contact with Corby Mind. Mon - 9 - 4

DAY OPPORTUNITIES

Daventry Mind T: 01327 879416 F: 01604 604964 E: Daventrymind@btconnect.com www.northamptonmind.org.uk	<ul style="list-style-type: none"> * Day Opportunities * Education & Learning * Enduring Mental Health * Social Inclusion * Short-term goal focussed Support * Information and Guidance
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Brook Street
Daventry NN11 4GG

Contact : Mary Doyle

Days & Hours of Service

Monday – Friday 9:00-4:00

Location of Service

Daventry and surrounding areas

How to Access the Service

Referral/Self Referral

Is there a charge for the service?

Services are free for all who need them, but personal budgets are accepted for payment from those eligible (prices available by request)

Serviced Description

The service aims to offer support to people who have experienced prolonged distressing mental health problems, as well as those who are more recently diagnosed and are learning to cope with their illness.

We recognise that every individual who attends the service has different hopes and aspirations and we work with each one to help them to identify their strengths and needs then support them along their recovery journey.

Within the service, people are encouraged to actively get involved in their own mental well-being through accessing the various groups and 1-1 work on offer. Some groups are specifically organised to provide opportunities for people to develop strategies for coping with their illness (e.g. managing depression). Other groups are specifically educational and are aimed at assisting people to develop the confidence to attend mainstream educational facilities (e.g. adult numeracy and literacy, IT etc.), whilst other groups are purely social and recreational in focus and are aimed to assist people to extend their personal interests, their social networks and to provide peer support to one another.

This service is part of Northampton and District Mind