

Who we can help

Our recovery service is available to people over the age of 18 with a mental health problem who live within the borough of Havering.

You can contact us directly or we accept referrals from employers, (including occupational health, human resources and line managers), community mental health teams, GPs and any other agencies supporting you.

“My service was able to support and understand the ups and downs of recovery. I was shown empathy and patience at the same time as positive, consistent encouragement” client

What we achieve

In 2014/15, 95% of the people we support said they would recommend us to friends and family and 94% said we'd helped to improve the quality of their life

Around 78% of people using our employment services moved into employment, training or further education or successfully retained their job. Meanwhile, 82% of people using our community based services successfully completed their programmes with us and no longer needed our help.

About RF

Richmond Fellowship is one of the biggest voluntary sector providers of mental health support in England.

Our focus is on providing high quality services to the **9,000 people** we help each year. We offer a wide range of housing, care, employment and community support across **more than 120 services**.

“My employment advisor has been brilliant at helping me to get a job. She’s been so kind and understanding throughout our meetings and her encouragement and humour has put me at ease. I’m really looking forward to starting my new job” client

Contact us

To find out more about the support we can provide, contact our team on:

T: 01708 727726

**A: Richmond Fellowship,
Unit 5 Stanton Gate, 49 Mawney Road,
Romford, RM7 7HL**

HaveringPF@richmondfellowship.org.uk

www.richmondfellowship.org.uk

**HELPING
PEOPLE
MAKE THE MOST OF
THEIR LIVES**

**HAVING
POSITIVE FUTURE**

**RICHMOND
FELLOWSHIP** 
MAKING RECOVERY REALITY

How we can help

We're here to help anyone with a mental health problem find meaningful activities to build their confidence, meet people, gain skills and get into training, volunteering or work.

If you'd like some support to get involved in meaningful activities in the local area then we're keen to help you succeed. We've a full timetable of groups run by our team of advisors and peer supporters. We can provide individual support if you'd like to do a course or find a volunteering role.

If you're experiencing a common mental health problem, such as stress, anxiety or depression, then our group activities or one-to-one support can help you achieve your goals.

If you've been out of work for a long time due to your mental health and are keen to get back into employment then we can help you recover.

If you're a business or an employer we can work with you to improve your workplace wellbeing and support any employees with mental health problems you may have.

“I don't feel like I'm hopeless anymore. Richmond Fellowship builds your self esteem and skills and makes you feel like you're employable again. They've opened so many doors for me and changed my life completely.” client

The support we offer

We're developing a new service that puts our clients at the centre of the support we offer. Our aim is to be as flexible, easy to access and as convenient as possible for anyone living in Havering.

This means helping individuals to develop personal action plans which focus on their strengths, skills, values, aspirations and opportunities. Our advisors are specifically trained to work with individuals with mental health problems and they concentrate on what someone can do rather than on what they can't.

We can support you on a one-to-one basis, providing confidential, impartial advice and guidance to help you move towards recovery, take back control of your life and reach your full potential.

Your specialist advisor will work with you to agree positive and achievable goals. They'll then regularly meet with you to review your action plan to celebrate progress or new goals that you feel are necessary.

We offer:

- A full timetable of group activities
- Peer supported groups
- Action planning
- 1:1 advice and support
- Vocational advice and guidance, including training needs
- Help to find voluntary work and/or training, if appropriate
- Work trials and placements
- Support to improve your job finding skills, e.g. CV writing, interview techniques
- Support to find paid work, become self employed or set up a social enterprise
- Signposting to other appropriate specialist agencies.

If you're currently in work we also offer:

- A mediation and problem-solving service with your employer
- Employment-focussed peer support networks
- Job coaching and in-work support
- Assessment of possible adaptations to your work place
- Specialist advice on employment law, including the Equality Act.