Overview

We are here to help and support people with mental health needs to recover and to maintain their wellbeing in the community. Our day centres are based in the following locations around the island.

Cowes

Parklands Resource Centre, Park Road,
Cowes, PO31 7LZ
Tel: (01983) 293092

Freshwater

Memorial Hall, Tennyson Suite,
Avenue Road, Freshwater, PO40 9UU
Tel: 07976 347592

Ryde

Riboleau Resource Centre,
Riboleau Street, Ryde, PO33 2JT
Tel: (01983) 611777

Ventnor

The Green Room, 1 Dudley Road,
Ventnor, PO38 1EJ
Tel: 07779 999921

Working with carers

We aim to support and assist carers on the Isle of Wight. To this end we recognise the particular pressures carers often experience and the impact this can have on their own mental wellbeing. As such our service can offer peer support as well as the opportunity to signpost onto a specialised carer support service with whom we have close links.

About mental health day centres

The centres are committed to working in partnership and communication with our customers, their families, carers, and other professional and external agencies as means of improving its service delivery. All of the day centres are run by the Isle of Wight Council.

Contact

For more details about services within this leaflet or any other questions relating to mental health for adults then please contact us at:

Parklands Resource Centre
Park Road
Cowes
Isle of Wight
PO31 7LZ

Tel: (01983) 293092. Alternatively you can telephone one of the other centres.
Email: *MHDAYservices@iow.gov.uk*
or visit *www.iwight.com*

If you have a visual impairment or need help understanding this document please phone (01983) 821000 and we will do our best to help you.

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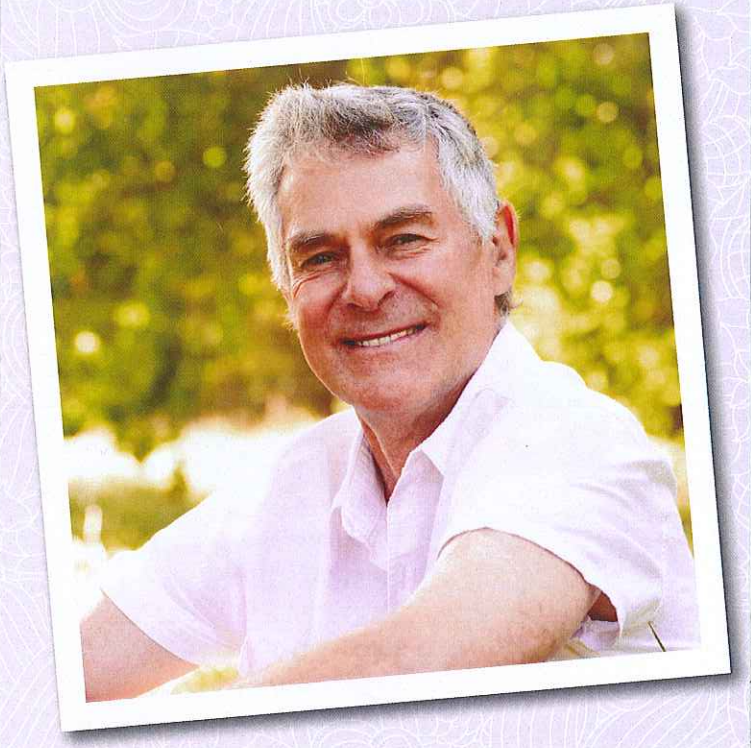
Working for the community

Mental Health Day Services for Adults



Help and support people with mental health needs in the community

ISLE of WIGHT COUNCIL

Working individually

We work with people individually to identify their personal goals and how we can achieve them over time. We will do an initial assessment and plan and then work intensively for a short period to help the individual address their goals.

This period of 'reablement' might last only days or it could last weeks or even months according to the individual need.

Therapeutic sessions

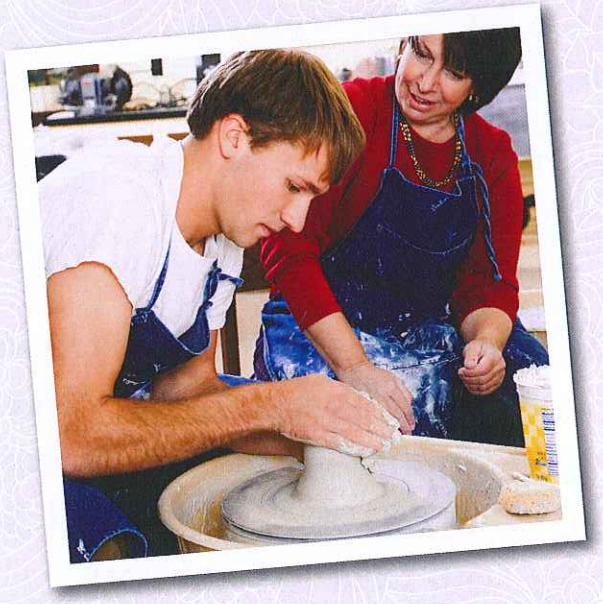
We arrange various sessions for people who are not yet ready to move onto more independent activities. Staff support these sessions; working alongside small groups of people continuing their recovery.

Our goal is to support you through these sessions so that the outcome is a more confident and self-sufficient you. In many cases this will enable the individual to access their local services independently.

A charge is made for attending therapeutic sessions. This may be funded either by the NHS, IW Council or a personal payment according to individual circumstances.

Therapeutic sessions are held at various locations across the island. Activities may include:

- Confidence skills
- Cooking and eating sessions
- Coping skills
- Creative writing
- Day trips and outings
- Flower arranging
- Gardening
- Gym
- Healthy eating
- Jewellery making
- Knitting
- Managing anxiety
- Needlework
- Photography
- Pottery
- Quizzes
- Relaxation
- Scrabble
- Sewing
- Singing
- Shopping/ budgeting
- Travel confidence



Staff

Our experienced and professional staff work towards developing a supportive working relationship with all our clients encouraging them to build up and maintain their confidence, self-esteem and ultimately self-determination, through informed choice.

Somewhere to go in a crisis

We undertake to make sure that is always somewhere people can turn to if they are facing a crisis.

Some people find that just popping in for a cup of coffee or tea and a biscuit and having a short chat may be all that is needed to maintain their wellbeing when something crops up which they may being finding difficult to deal with on their own.