

Mental Health News

Comple@t is my Cup of Tea

The Mental Health News e-bulletin is a daily bulletin issued by the Mental Health Improvement Programme (MHIP) containing an item relating to a Mental Health issue, development or outcome in the North West.

The aim is to bring awareness to our stakeholders about service improvement and innovative projects underway in Mental Health across the North West, and to encourage you (the reader) to act as vehicle for ensuring that you or your organisation is engaged with the work where applicable.

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Comple@t is a project run by Rochdale and District Mind which promotes social inclusion and improves wellbeing for people with mental health issues through creating viable alternative work experience and training options which reflect the needs of mental health service users. Alongside service users Rochdale and District Mind established a steering group which could seek funding to develop a project to implement strategies which meaningfully promote and recognise training and employment as a crucial part of an individuals' recovery. The ethos centres on empowerment, recovery, encouragement and employment and enterprise. The project aims to tackle the barriers of stigma and discrimination faced by people who have mental health issues when seeking employment.

Since starting in 2001, Comple@t has grown into a successful business with a two internet cafes, one being located in a new health centre in Rochdale in the heart of the community alongside mainstream healthcare services. It has provided a range of opportunities for service users including supported work to achieve their goals and in many cases a route to paid employment.

The project builds confidence and self esteem. It has helped more than 450 people, many of whom have now moved on into full time education and employment. It is a City and Guilds registered training provider offering accredited courses covering basic numeracy and literacy, hospitality and mental health support work. The project promotes a positive image of mental health, helps reduce stigma and discrimination and offers healthy food choices and access to information and wider services in a non mental health setting. The project team work to develop positive social skills through good working practice, and practice the principles of service users as service providers.

For more details, please contact Rochdale and District Mind: management@rochdalemind.org.uk or 01706 341800.

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