

# RECOVERY FOCUS

## CONTACT US

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# RECOVERY FOCUS

# INSPIRING INDIVIDUAL RECOVERY

RECOVERY  
FOCUS

# MEET THE PARTNERS

MORE THAN 200 YEARS' EXPERIENCE OF PROVIDING  
MENTAL HEALTH AND SUBSTANCE MISUSE SERVICES

**Richmond Fellowship** - a specialist provider of mental health services which has pioneered and practised its belief in social inclusion and recovery for more than 55 years. It's now one of the biggest voluntary sector providers of mental health care in England, offering a wide range of housing, care, employment and community support.

**My Time** - an innovative, service user-led, multi-lingual mental health social enterprise working in the West Midlands. In 12 years it's developed community-based solutions to increasing levels of depression, anxiety, low self-esteem and long-term mental health issues.



**Croftlands Trust** - a Cumbria-based mental health support charity which has been providing residential services, supported housing, floating support and community based support for nearly 30 years.

**CAN** - a Northamptonshire-based substance misuse support charity. It's been supporting people with drug, alcohol and homelessness issues for more than 40 years and has a strong track record of developing innovative partnerships with local NHS trusts.

**Aquarius** - a research-based charity set up in 1977 to develop new and effective interventions for people with alcohol problems which has since gone on to provide services for people with drug and gambling issues as well.



# INSPIRING INDIVIDUAL RECOVERY NATIONWIDE

RECOVERY FOCUS

WE PROVIDE A RANGE OF MENTAL HEALTH AND SUBSTANCE MISUSE SUPPORT SERVICES ACROSS ENGLAND

- Bedfordshire
- Berkshire
- Birmingham
- Bristol
- Buckinghamshire
- Cambridgeshire
- Cheshire
- Cumbria
- Derbyshire
- Dorset
- Durham
- Essex
- Greater Manchester
- Hampshire
- Isle of Wight
- Kent
- Lancashire
- Leicestershire
- Lincolnshire
- London
- Merseyside
- North Somerset
- Northamptonshire
- Northumberland
- Oxfordshire
- Shropshire
- Staffordshire
- Suffolk
- Surrey
- Sussex
- Teesside
- Tyne and Wear
- West Midlands
- Wiltshire
- Yorkshire

To find out more about how we could work with you to develop services in your area visit our website: [www.recoveryfocus.org.uk](http://www.recoveryfocus.org.uk)



## EXPERT PARTNERS

Our new national group of charities is bringing together organisations with strong individual services, innovative approaches, flexible local presence and a wide range of expertise from around England.

Between us we've a track record of more than 200 years of developing and running personalised services that work with people with mental health, substance misuse and other complex needs to achieve their ambitions. Each partner organisation has its own rich history of success but together we believe we can lead the way in evidence-based recovery pathways that we can tailor to meet local and individual needs.

We recognise we're often only one part of someone's recovery journey so we liaise closely with those agencies who may already be working with an individual to ensure a smooth transition into and out of our services.

We proactively pursue opportunities to work with other like minded organisations to create more integrated packages of support to achieve better outcomes for individuals. We continue to develop collaborative partnerships with local authorities, the NHS, police, prison and probation services, other voluntary sector providers, housing associations and academic institutions.

## WORKING TOGETHER

We believe that every individual should have the opportunity to take control of their life and to develop new meanings and purposes. We concentrate on the person and their individual needs, choices and aspirations, rather than on diagnostic categories or labels, and tailor what we do accordingly.

One of our founding principles is that we work with the people we support as equal partners to design, plan and provide services together. We recognise that we all have valuable skills, knowledge, experience and resources that could improve the quality of life for individuals and our communities.

We harness this by creating opportunities for people to be more actively involved at all levels of the work that we do including:

- Individuals' own recovery support plans
- How our services are run
- How our organisations are run
- Raising awareness of mental health and substance misuse issues and challenging stigma in society.

## OUR RANGE OF SUPPORT

### CRISIS SUPPORT

Our innovative community-based models support people in crisis, as an alternative place of safety to police custody or instead of having to be admitted to hospital.

### RESIDENTIAL CARE

Our care homes and 24hr hour supported housing schemes provide round the clock support for individuals, often as a step down from a stay in hospital.

### SUPPORTED LIVING

Our supported housing schemes help people develop their independent living skills while our recovery workers provide similar help in people's own homes.

### COMMUNITY-BASED SUPPORT

We help people challenge stigma, overcome social isolation, gain confidence, build personal resilience, access social networks and engage in everyday mainstream opportunities.

### PEER SUPPORT NETWORKS

We use peer supporters as an effective way to empower people to manage their wellbeing, develop a belief that they can achieve personal goals and advocate for themselves.

### CARER AND FAMILY SUPPORT

A positive recovery is not just about the individual and we work holistically with families, carers, and people's broader social networks to achieve good outcomes for all.

### EMPLOYMENT SUPPORT

We help people to stay in or return to paid employment, voluntary work or training and provide advice to employers about improving workplace wellbeing.

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