

How to Access

To access support, referrals can be made through professional bodies or anyone can self refer.

For further Information please contact us at our Darley Dale or Buxton offices. Contact numbers and addresses listed on the rear of this leaflet.

Room Hire

We have meeting rooms for hire at our Darley Dale office. The rooms have disabled access and toilets. Facilities include tables with seating for up to 8 people in the smaller room, and tables and seating for up to 20 in the larger room. A flipchart stand and whiteboard are available and there are also electrical points for laptops and projectors.

Tea and coffee making facilities are available free of charge, or we can provide refreshments including hot drinks and biscuits at £1.00 per head.

Room hire is available at a rate of £20 per half day, £35 per full day or £10 per hour.

Rates applicable from 1 April 2015 to 31 March 2016.

Like us on 

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@FedMentalHealth

Promoting Mental Health and Independence in Derbyshire

We have offices in Buxton and Darley Dale covering High Peak and Derbyshire Dales, N.E. Derbyshire and Chesterfield.

Our Support Workers are trained to Diploma Level 3 in Health and Social Care or equivalent.

Stancliffe House,

Molyneux Business Park

Whitworth Road Darley Dale

Matlock Derbyshire DE4 2HJ

Tel: 01629 733915 Fax: 01629 733842

11a Market Street

Buxton

Derbyshire SK17 6JY

Tel: 01298 212602

E-mail: mainoffice@federationmentalhealth.co.uk
Website: www.federationmentalhealth.co.uk

February 2016



**The Derbyshire
Federation for
Mental Health**

Promoting Independence

1 in 4 people experience
problems with mental wellbeing

We work to improve mental health,
reduce stigma and support
people to live independently

Contact the Federation for a range of
support services:
1:1 Support inc Housing Related
Floating Support
Direct Payments
Private Payments
Telephone Support



Who are we

The Derbyshire Federation for Mental Health is an independent, voluntary sector provider of mental health support services, and has been operating since 1985. The organisation is service-user led and provides support through trained mental health Support Workers and volunteers with particular expertise. We work to PQASSO, Positive about Disabled People and Investors in People Quality Standards.

The Federation is a specialist mental health service provider accredited with Derbyshire County Council and we have nearly 30 years of providing one-to-one support for clients with mental ill health.

Today the Federation provides a number of support services offering Clients a range of options to improve their mental wellbeing. Many of our services are free of charge but additional hours can be purchased through direct payments and/or private arrangements.

Telephone Support

Our telephone support is a Derbyshire wide service which enables individuals with mental ill health to access a weekly support call from a trained mental health support worker for up to 12 weeks.

An action plan is agreed at the start of the service to best meet the needs of the individual, then reviewed at the end to ensure their level of mental well being is maintained.

Individuals are encouraged to talk about their problems and anxieties, then helped to find strategies and coping mechanisms. Help is also given with budgeting, finding information about local groups and community activities and much more.

1:1 Support

Our one to one support provides a tailor made service to meet an individuals assessed mental health needs, including:

Emotional support, which recognises the individuals particular mental health condition.

Support in learning or re-learning skills- such as social skills, everyday life and domestic skills, budgeting, health, safety and security.

Liaise with other agencies - which can become difficult during or when recovering from mental ill health.

Support to access informal learning or community activities, volunteering or employment.

Accommodation Based Floating Support

Our Floating Support service can provide quality tailor made support to individuals living in the High Peak and Dales areas of Derbyshire who are suffering with a mental illness and finding it hard to cope with housing issues.

Support includes:
Tenancy management, including Budgeting, reducing debt, housing benefit and welfare benefit claims.

Health & Safety support including; maintaining security at home and understanding domestic health & safety issues.

Mental Health and Wellbeing; avoiding self-neglect and promoting choice and control over their lives.

Risk; support to plan how to manage risk, safeguarding adults and children.

Wellbeing Hub

Darley Dale/Buxton

Do you or someone you know feel anxious or depressed?

Are you looking for something to *break up your day*, prevent you from becoming *isolated*? Or just to *drop in*, have a coffee and meet new friends?

Well, why not come and join us in our **Wellbeing Hub**.

A *friendly, relaxed and supportive* setting where you can take part in planned activities facilitated by trained workers.

@ Darley Dale office

Tuesday, Wednesday, Thursday

10am - 3pm

@ Buxton office

Tuesday 1.30 pm - 3.30pm

ATTENDANCE IS FREE

Kick Start

Short walk to start the weekend in the Matlock area. All abilities welcome.

Meet on Fridays 1.50pm for 2.00pm start finishing at 4.00pm

Flower in the Field

A community gardening project which aims to provide a place of peace and tranquility for all.

Opposite The Church Inn, Church Road, Darley Dale.

The field working group meets on a Wednesday at 1.30pm - 3.30pm.