

Chapter 3:

Care and support in the community

Chapter summary:

In this chapter we review:

- n How your care will be planned in the community
- n Community care services
- n Local day service opportunities
- n Local mental health organisations
- n Local therapy and counselling providers

The Care Programme Approach (CPA)

If you are referred for a specialist psychiatric service you will get an assessment of your needs. The professionals working with you and your carers should agree a care plan with you to meet your needs. This plan should be regularly reviewed and take into account any changes in your circumstances. You will be allocated a care co-ordinator who will arrange the review meetings and oversee your care plan. By using this approach it is expected that a range of services can be provided in the community to help aid your recovery. Your care plan may include services from the following providers.

Community Mental Health Teams (CMHTs)

The Haringey Mental Health Service provides four Community Mental Health Teams (CMHTs). These teams are split into four geographical areas and provide a range of assessment, treatment and care services for people experiencing severe and enduring mental distress.

Once your mental health needs have been assessed, advice and/or help specific to your needs will be provided. This may include support with housing, occupational and leisure opportunities, dealing with other agencies including council departments and the Department for Work and Pensions and Social Security office. In addition, the CMHTs provide medical care, medication management, and referral to psychological treatments and occupational therapy.

If you are already under the care of a CMHT you can contact them directly:

Residents living in Hornsey or Highgate or registered with a Hornsey or Highgate family doctor:

Hornsey and Highgate Community Mental Health Team
Canning Crescent Centre
276-292 High Road
Wood Green N22 8JT
Tel: 020 8829 1000

Residents living in Wood Green or registered with a Wood Green family doctor:

Wood Green Community Mental Health Team
Canning Crescent Centre
276-292 High Road
Wood Green N22 8JT
Tel: 020 8829 1000

Residents living in North Tottenham or registered with a North Tottenham family doctor:

North Tottenham Community Mental Health Team
24 Tynemouth Road
Tottenham N15 4RH
Tel: 020 8275 4089

Residents living in South Tottenham or registered with a South Tottenham family doctor:

South Tottenham Community Mental Health Team
24 Tynemouth Road
Tottenham, N15 4RH
Tel: 020 8275 4089

Haringey Outreach Service Team (HOST)

Excel House
312 High Road
Tottenham N15 4BN
Tel: 020 8885 8160
Fax: 020 8493 9142

Service: *HOST is an assertive outreach service offering a wide variety of support, which can be either practical or emotional,*

to individuals living in Haringey. The support can include: someone to talk to 24-hours a day, 365 days a year; support with personal medication management and monitoring side-effects; support into voluntary or paid work; assistance in obtaining housing and advice on benefits and financial management; assistance in practical tasks (such as cooking, cleaning, decorating); support with physical health problems (for example, obtaining a family doctor, visiting an optician, and so on).

Antenna Outreach Service

Excel House
312 High Road
Tottenham N15 4BN
Tel: 020 8365 9537

Service: The Antenna Outreach Service is a culturally specific mental health service for young black people (between the ages of 16 and 25 years) from African and African-Caribbean descent. It provides a more accessible and sensitive mental health service to cater for the needs of young black people experiencing the early onset of mental ill health.

Haringey Association of Voluntary and Community Organisations (HAVCO)

Lee Valley Technopark, Room 334
Ashley Road
Tottenham Hale N17 9LN
Tel: 020 8880 4087
Fax: 020 8880 4088

Email: info@havcoharingey.org.uk

Website: www.havcoharingey.org.uk

Service: Local organisation representing the voluntary and community sector in Haringey. It provides information on local services and opportunities for volunteering.

Day opportunities

Following an illness you need time to recover and get back on your feet. When you've experienced a mental health problem, you may feel isolated and that you have lost some of your every-day skills. In Haringey there are a number of day centres managed by the council and voluntary sector to help people regain confidence and learn new skills. They include:

Clarendon Centre

Clarendon Road
Hornsey N8 0DJ
Tel: 020 8489 4860
Fax: 020 8489 4879

Service: The Clarendon Centre offers social, educational and work opportunities for people recovering from severe and enduring mental health problems. The centre promotes sustained recovery, independence and social inclusion through a variety of group or individual activities. The Centre provides high quality skills training including IT, music technology, publishing, ceramics, jewellery making, printmaking, textiles and catering. The Centre is open to those on a CPA.

Six8four Centre

684 High Road (Argyle Passage)
Tottenham N17 0AE
Tel: 020 8489 8950

Service: This service provides a social environment for people with severe and enduring mental health problems. It helps service users to identify and develop skills, increase self-confidence, self-esteem and life skills. It assists in creating pathways to training, college links, friendships, and networking with other agencies. Service users can enjoy a wide range of social and educational activities run in conjunction with the Clarendon Centre, including a café project and computer club. Six8four Centre also offers women-only groups. The Centre is open to those on a CPA.

Studio 306

The Chocolate Factory
Clarendon Road
Wood Green N22 6XJ
Tel: 020 8365 8477

Service: This service offers a professionally equipped studio space for independent artists and craftspeople people who are recovering from severe and enduring mental health problems. It has facilities for textiles, printmaking, ceramics and jewellery making.

Studio 306 is part of the Chocolate Factory complex, a thriving creative arts business environment in Wood Green. The service is available to people with a CPA.

Therapeutic Network

Canning Crescent Health Centre
Canning Crescent
Wood Green N22 8JT
Tel: 020 8829 1000

Service: A 12-week programme that runs four days a week for up to 12 clients. The innovative programme was developed with service users. Elements of the programme include complementary therapy, stress management, assertiveness training, outside visits to community facilities such as leisure centres, art galleries, shopping centres and museums.

Local mental health organisations

Alzheimer's Society Haringey

R18 William Rainbird House
Beaufoy Road
Tottenham N17 8AY
Tel: 020 8808 9931

Hoffman Foundation for Autism

2 Park Avenue
Wood Green N22 7EX
Tel: 020 8888 8182
Website: www.hdvfoundation.org.uk

Service: The Hoffman de Visme Foundation has over 40 years' experience of providing a range of services for adults within the autistic spectrum and with associated difficulties. They aim to improve their quality of life and to enable them to live as independently as possible. Residential and day care services are provided.

Mind in Haringey Activity Centre

Station House
73c Stapleton Hall Road
Stroud Green N4 3QF
Tel: 020 8340 7228
Email: admin@mih.org.uk

Service: Mind in Haringey Activity Centre offers support, activities and low cost main meals. Please phone to arrange a time to visit. If you wish to join you only need fill out a basic information sheet. The Centre is on the ground floor and has wheelchair access.

Tulip Mental Health Group

5 River Park Road
Wood Green N22 7TB
Tel: 020 8889 6921
Fax: 020 8365 7343
Email: info@tulip.org.uk
Website: www.tulip.org.uk

Service: Tulip Mental Health Group is a voluntary sector provider and registered charity that has been providing services in Haringey since 1989. Tulip currently provides services in the London Boroughs of Haringey, Enfield, Newham and Barking & Dagenham. These services are provided to service users with a range of mental health problems from mild to moderate mental health issues to more severe and enduring mental health problems. Services provided include assertive outreach, floating support, residential care, drop-in centres and supported housing. Tulip's services in Haringey comprise registered care and supported housing. Further information on housing is set out in chapter 4.

Psychiatric Rehabilitation Association (PRA)

PRA Services

Bayford Mews

Bayford Street

Hackney E8 3SF

Tel: 020 8985 3570

Website: www.pra-london.co.uk

Service: The PRA aims to stimulate recovery from mental health problems, greater initiative, and social awareness. It prepares and encourages participation in the community. PRA is a partnership of patients, relatives, friends and professional workers, and has developed a wide range of community care facilities. Referrals for support services are accepted from individuals sponsored by local hospitals, family doctors, social services, relatives and friends of members, and from other agencies.

Rethink (Enfield and Haringey Group)

Contact: Pamela Maher

Tel: 020 8886 6065

Service: Rethink works to help everyone affected by severe mental health problems, including schizophrenia, to recover a better quality of life.

Therapy and counselling

Counselling is a process whereby a person is helped to deal with their personal and interpersonal problems by a professional psychological counsellor. They will have skills and experience in listening, understanding and helping to clarify emotional and psychological difficulties. Psychotherapy, which tends to work at a deeper level, can be provided either individually or in a group context. There are a number of psychotherapeutic models that can help people with a range of difficulties or disorders. Therapy is available through the NHS, voluntary organisations and the private sector. If you do choose to go outside of the NHS, therapy costs can vary considerably, so it is important to establish how much you will be paying and for how long before entering into a contract with a therapist. If you are on a low income some organisations will adjust fees to match your ability to pay. The organisations listed below will provide a list of qualified therapists in your area. They will also be able to confirm which therapists are multi-lingual.

Local counselling and therapy providers

Haringey Psychological Therapies Service

Halliwick Psychotherapy Department

St Ann's Hospital

St Ann's Road

Tottenham N15 3TH

Tel: 020 8442 6528

Service: The Psychological Therapies Service is a multi-disciplinary service offering psychological help to people with mental health needs. Referral by mental health professional only.

Short term Psychological Therapy Service

Halliwick Psychotherapy Unit

St Ann's Hospital

St Ann's Road

Tottenham N15 3TH

Tel: 020 8442 5460

Service: *The Primary Care Service is part of the Psychological Therapies Service, Haringey and provides a responsive service for specialist assessment and brief therapy to patients referred into it. Professional referral only.*

Arbours Psychotherapy Service

6 Church Lane

Hornsey N8 7BU

Tel: 020 8340 7646

Email: info@arboursassociation.org.uk

Website: www.arboursassociation.org

Service: *Psychoanalytic psychotherapy. Offers a limited low-cost referral scheme, but you should phone first to check availability.*

Haringey Women's Forum

1 Bruce Grove

Tottenham N17 6RA

Tel: 020 8885 4705

Fax: 020 8880 9135

Website: www.hwfonline.org.uk

Service: *Haringey Women's Forum offers advice, counselling and housing support for women in crisis. It presents women's issues to the council and other public sector departments such as local health services.*

Highgate Counselling Centre

Tetherdown Halls

Tetherdown

Muswell Hill N10 1ND

Tel: 020 8883 5427/8

Service: *Psychodynamic counselling centre for singles, couples and families.*

Mind in Haringey

Station House

73c Stapleton Hall Road

Stroud Green N4 3QF

Tel: 020 8347 8507

Email: admin@mih.org.uk

Service: Mind in Haringey provides counselling as well as a range of other services listed in the appropriate sections of this directory.

Nafsiyat

262 Holloway Road

Holloway N7 6NE

Tel: 020 7686 8666

Fax: 020 7686 8667

Email: admin@nafsiyat.org.uk

Website: www.nafsiyat.org.uk

Service: Short term psychotherapy for members of ethnic minority groups. A limited free service is available, but you should phone first to check availability.

Open Door

12 Middle Lane

Crouch End N8 8PL

Tel: 020 8348 5947

Website: www.opendooronline.org

Service: Provides brief and longer term psychotherapy for young people aged 12 to 24 years.

Women's Therapy Centre

10 Manor Gardens

Holloway N7 6JS

Tel: 020 7263 7860

Fax: 020 7281 7879

Email: Enquiries@womenstherapycentre.co.uk

Website: www.womenstherapycentre.co.uk

Service: Psychoanalytic psychotherapy to women - individuals and groups. Low cost sessions available, but you should phone first to check availability.