

## **Telford Mind Scope of Activity**

Telford Mind is committed to making the following facilities available to the people of Telford and Wrekin:

- A Drop-in centre providing a friendly and relaxed area supported by drop-in staff and volunteers
- A Counselling and Psychotherapy Service which is provided by a mix of qualified and experienced counsellors together with some student counsellors who are in the final stages of their training before qualification. Counsellors are available for individual counselling on pre-arranged appointments
- Activities to promote well being, including social events, healthy meals, therapeutic sessions, and leisure and creative pursuits
- The delivery of an outreach and befriending service, supporting people in their own communities
- A Service that offers opportunities to develop skills in team working, leadership, voluntary work, trusteeship and governance

Services can be accessed by people living outside the Telford and Wrekin areas although signposting to more local appropriate support is always offered, where possible.

Signed:

Date: / / 08