

## How do I contact the Community Bridge Building Service?

If you would like to use this service you can be referred by your GP, Community Mental Health Team or a relevant health professional. If you would like any further information please contact:

**Day Services Manager**  
Thurrock Mind  
160 Bridge Road  
Grays  
Essex  
RM17 6DB

Telephone: 01375 380233  
Fax: 01375 389793  
Email: [dropin@thurrockmind.org.uk](mailto:dropin@thurrockmind.org.uk)

**Thurrock Mind**



Thurrock Mind is an affiliated Local Mind Association and strives to deliver services which meet the quality management in Mind standards



For better mental health

## Thurrock Mind

Services and Contact Numbers

### DAY SERVICES

*Community Bridge Builders*  
*Befriending Volunteers*  
*Drop In Activities*

Tel: 01375 380233

Email: [dropin@thurrockmind.org.uk](mailto:dropin@thurrockmind.org.uk)

### ADVOCACY SERVICES

*Advocacy*  
*Advocacy For People Over 65*  
*IMCA Independent Mental Capacity Advocate*

Tel: 01375 391411

Email: [advocacy@thurrockmind.org.uk](mailto:advocacy@thurrockmind.org.uk)

### COUNSELLING & GROUPWORK SERVICE

Tel: 01375 391411

Email: [counselling@thurrockmind.org.uk](mailto:counselling@thurrockmind.org.uk)

### STEPPING STONES SERVICE

Tel: 01375 389780

Email: [reception@thurrockmind.org.uk](mailto:reception@thurrockmind.org.uk)

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152 Bridge Road, Grays, Essex RM17 6DB

Tel: 01375 391411

Fax: 01375 389793

[www.thurrockmind.org.uk](http://www.thurrockmind.org.uk)

Registered Charity Number 1106452  
Registered Company Number 5256793

Thurrock Mind is an Affiliated Local Association

## Thurrock Mind

AFFILIATED LOCAL ASSOCIATION



## DAY SERVICES

## COMMUNITY BRIDGE BUILDING



For better mental health

## Who can use the services?

Anybody who has been diagnosed as having a mental health problem – this can range from depression, stress and anxiety as a result of recent life events, as well as longer term severe and enduring mental health problems.

## The way we work

Our Day Services Model works holistically to promote and encourage social inclusion.

We aim to get people back on the road to recovery by providing the most appropriate support at the right time.

Activities focus on enabling the people who use our services to access mainstream opportunities, encouraging them to become part of the community rather than separate from it.

There are three elements:

- Community Bridge Builders
- Befriending Volunteers
- Drop In Activities

## What do Community Bridge Builders do?

A Community Bridge Builder works one to one with a service user to develop a Person Centred Development Plan.

This provides the map for the service user to identify goals they need to achieve to improve their mental health, decrease social isolation and get their lives back on track.

Bridge Builders then support service users to achieve these goals, supporting them to bridge the gap between isolation and identified Social Inclusion Domains.

## Social Inclusion Domains

National research has identified key life areas that people need to engage in to remain physically and mentally healthy and decrease chances of social isolation.

These are:

- Employment and volunteering
- Education and life skills
- Sports and leisure
- Neighbourhood, community, housing and finance
- Arts
- Faith, spirituality and culture

Community Bridge Builders work as a team to take a lead in developing specific knowledge in one of the six domains, as well as keeping up to date information and resources.

## Information

We have a number of activities that service users enjoy participating in and they include:

### Countryside

- Scenic walks and activities in local wildlife parks
- Wildlife surveys
- Making bird boxes
- Photographing nature
- Drawing and painting

### Sports

- Pool at local club
- Badminton group
- Cycling, Golf, Gym

### Arts

- Local theatre, Galleries
- Music group

### Education

- Local college courses, Museums