

## Making a referral

Referrals can be made by Primary or Secondary Care professionals and referral forms can be posted, faxed or emailed by contacting Stepping Stones – details below. If you have a mental health diagnosis, but are unsure if Stepping Stones can help you increase your chances of going back to work, contact the Stepping Stones Project Manager to arrange a visit to find out more.

### Stepping Stones Manager

Thurrock Mind

160 Bridge Road, Grays, Essex RM17 6DB

Telephone: 01375 389780. Fax: 01375 389793

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

### Rethink Employment Services Manager

Rethink, Suite 2, Broadway Chambers

Broadway North, Pitsea, Essex SS13 3AS

Telephone: 01268 555687



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

### STEPPING STONES SERVICE

Tel: 01375 389780

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

### DAY SERVICES

*Community Bridge Builders*

*Befriending Volunteers*

*Drop In Activities*

Tel: 01375 380233

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

## Thurrock Mind

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



An Employment Project

IN PARTNERSHIP WITH

**rethink**

SOUTH WEST ESSEX  
EMPLOYMENT PROJECTS



For better mental health

# Thurrock Mind

**STEPPING STONES – Supporting people to improve their chances of returning to work after mental ill health**

## Work and Mental Health

Mental health problems may have a dramatic effect on employment. Research has shown that work is extremely important in maintaining positive mental health and promotes the recovery of those who have experienced mental health problems. Many people wish to gain, or return to employment after a period of mental ill health but they may not be ready – this is where Stepping Stones can help.

## The Stepping Stones Vision

To provide a 'stepping stone' towards employment for people who have suffered mental health problems. This is achieved by:

- Offering a workplace style setting that helps people explore their work abilities in a supportive environment
- Working with training providers to offer training and skills development
- Encouraging people to work towards individual vocational skills and aspirations, at their own pace, without fear of rejection

The Stepping Stones Employment Project operates as a social enterprise. We have a plant nursery and provide contract gardening services to the community.

This model gives trainees the opportunity to learn new skills, or revisit existing skills, within a supportive and structured environment. Trainees benefit by increasing their confidence and self esteem with a view

towards starting, or returning to, suitable work in the community.

## What can you gain?

The Trainee Work Development Model will allow you to gain a broad and varied range of work related skills, which may be crucial to successfully increasing your chances of employment. You do not have to have an interest in gardening or horticulture as skills you learn can be transferred to a range of work settings. These are some of the things you can develop:

**Universal Work Skills – these are necessary in most work settings**

- Time-keeping and regular attendance
- Self-management and personal planning
- Working with others in a team
- Communicating clearly
- Health and Safety at work
- Customer care and service
- Marketing and sales

**Specific Work Skills – great if you would like to consider working in a nursery or garden centre**

- Basic horticulture and gardening
- Planning garden areas
- Soil types, organic weed and pest control
- Basic DIY and repairs
- Care and choice of tools and equipment

**Training – provides a range of opportunities**

- Basic life skills such as reading and writing
- Basic horticulture and garden design
- City and Guilds Level 2 Certificate in Horticulture

**Personal Development – helps you get ready to progress to work**

- Increases confidence and self-esteem
- Develop a sense of value and self-worth
- Explore, overcome and extend self imposed boundaries
- Take responsibility for your actions
- Learn basic social and life skills

## Comments from current trainees

- I was depressed, anxious and couldn't even consider going to work – I now have a reason to get up in the morning and hope to find a job at some time soon
- I have improved since I started and have increased my confidence and motivation to go back to work
- I am getting more aware of my limitations since I have been coming to the Project. I have not had to go back in hospital and I am learning to pace myself

## Who can use the Service?

Anyone, over the age of 18 years, who has been diagnosed with a mental health problem and wishes to increase their chances of employment.

## Partnership Working

Stepping Stones benefits from our partnership with the Rethink South Essex Employment Service. This close working relationship enables us to access added support from the Community Employment Specialists within the Rethink Team, who can provide extra support for trainees.