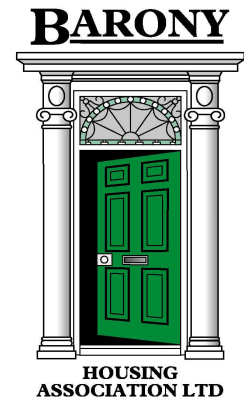


# CONTACT POINT DAY RESOURCE CENTRES



## ***Description of service:***

Contact Point Mental Health Day Resource Centres work within a user-led philosophy and are based on voluntary participation. They aim to promote good mental health within the community and encourage empowerment and self-determination amongst people experiencing mental health problems. A planned programme of activities encourages participation, promotes the opportunity to develop skills and interests, and provides a setting for increased social interaction. The centres provide a safe environment which offers equal opportunity, is non-discriminatory and promotes independence.

## ***Start Dates:***

Kirkcaldy - 01.04.1992  
Buckhaven - 29.01.1994

## ***Locations:***

Contact Point Kirkcaldy  
Barony Housing Association  
411-417 High Street  
Kirkcaldy  
Fife  
KY1 2SG  
Tel: 0871 700 7777

Contact Point Buckhaven  
Barony Housing Association  
22 Lawrence Street  
Buckhaven  
Fife  
KY8 1BQ  
Tel: 0871 700 7777

## ***Agency Roles:***

Barony Housing Association - Managing  
Barony Housing Association - Delivering

**User Group:**

People with mental health problems.

People with a dual diagnosis (mental health & learning disability, mental health and or drug, alcohol problems)

**Specific Funding:**

Fife Council Social Work Dept & Fife Health Board.

**Additional funding**

Kirkcaldy & Levenmouth Community Health Partnership.

**Recorded Aims and Objectives:**

Contact Point aims to provide an accessible community based Day Resource Centre that will promote and maintain good mental health and address the needs of people experiencing mental health problems, regardless of race, gender, religious belief or sexual orientation.

- \* Provide a safe environment for people with mental health problems.
- \* Promote good practice in mental health.
- \* Deliver a programme of activities that provides the opportunity for socialisation and skills development.
- \* To stimulate employment / vocational opportunity.
- \* To establish information services.
- \* To assist in the process of self-determination by offering of choices.
- \* To provide increased opportunity to participate in physical activity via structured supervised planned sessions.
- \* Provide a flexible and adaptable service that responds to need.
- \* Establish specific support groups as and when required.
- \* Reduce stigma and present a positive image of people experiencing mental health problems.

### ***How the Service Operates:***

The User Group is made up of people over the age of eighteen years who wish to improve or maintain their mental health. Many Service Users are experiencing, or have experienced serious and/or enduring mental health problems. The group serves to play a preventative role with regard to hospital admission/re-admission.

All groups, activities and events on offer at the Centres are in direct response to requests from Service Users, with an emphasis on meeting identified needs.

The Day Centres provide a service to around 250 people. They have active links with local Mental Health Social Workers, Occupational Therapists, Community Psychiatric Nurses, Health Visitors, Community Drug Teams, Psychiatric Day Hospitals and other local Voluntary Groups and Education/Training Agencies.

Staffing at each Day Centre consists of one full-time Contact Point Organiser (CPO) three full-time Support Workers (SW ) Volunteers assist in the promotion, development and delivery of the service and provide support to Service Users to enable them to access the various groups and activities on offer.

The service is provided over six days Sunday to Friday with each Centre providing evening sessions. See programmes.

Outcomes are assessed in terms of the individual, some Service Users have gained employment, returned to education, or have become volunteers in other settings. Many Service Users have noticed a significant improvement in their mental health.

### ***Good Practice Features:***

- Regular development meetings open to all Service Users who wish to become involved in developing the service.
- Each project is open to evaluation by users and external professionals.
- An open, accessible complaints procedure operates.
- The Day Centres' Code of Conduct and Local Policies are all written, negotiated and implemented via a process of meaningful consultation involving service users.
- The Day Centres actively negotiate with other agencies and embrace a partnership approach.

***Joint Working.***

Joint working arrangements have been established with Dunnikier Day Hospital, The GEMINI Team, NSF's Hearing Voices Network and Elmwood College's Community Development Team.

**Service User Comments User Evaluation2006 :**

**“ Contact Point is a place where people can talk with staff and volunteers, meet folk of all ages and join in a wide range of activities provided with no pressure to take part if you do not want to ”.**

**“ A Place where users feel important ”.**

**“ You can just be yourself and do as much or as little as you want ”.**

**If you would like more information about Contact Point or any of the services provided by Barony Housing Association, please ring 0871 700 7777**