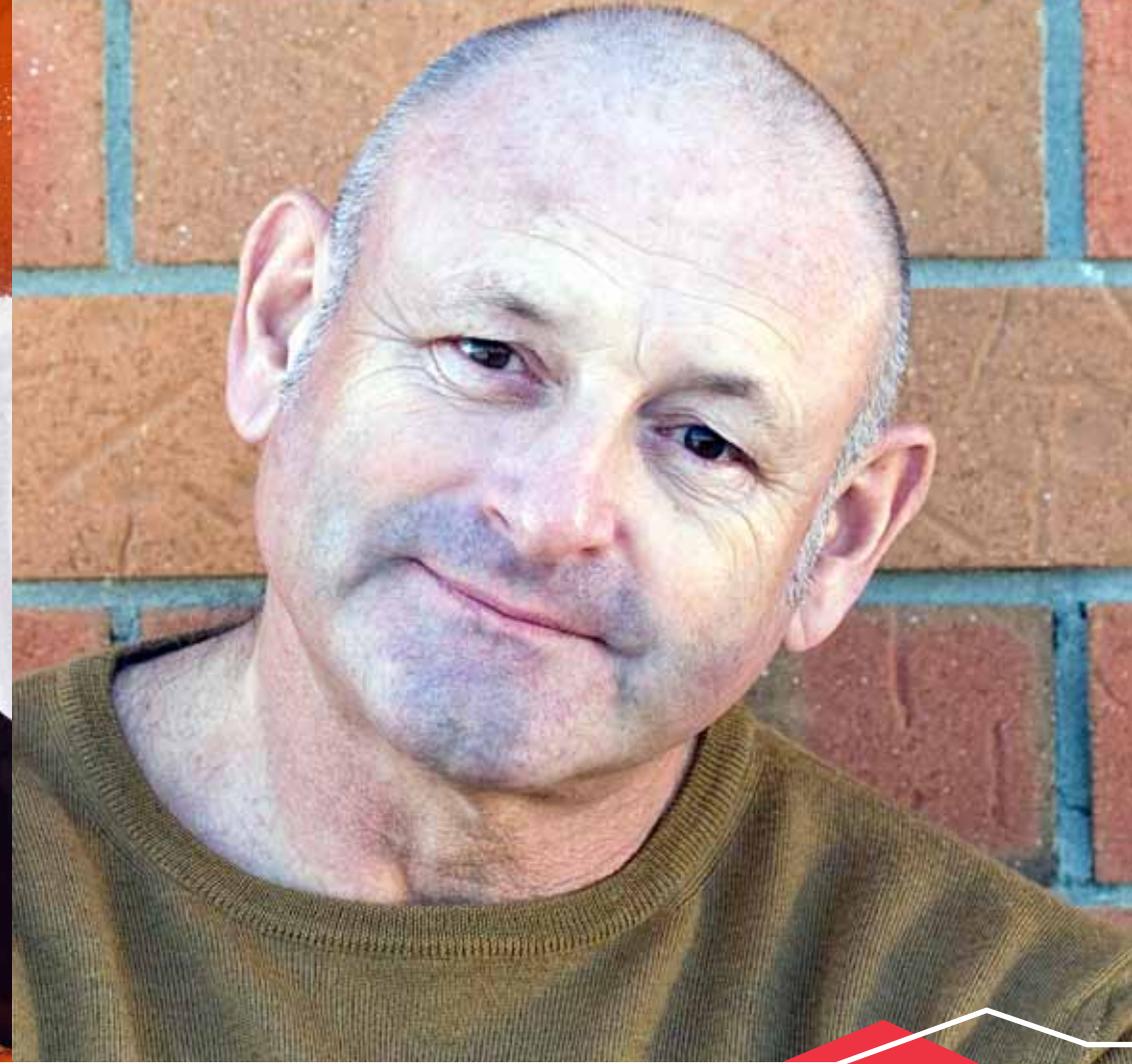


What do I do next?

- In order to access this service you will usually need to be referred by Islington Mental Health Housing and Resettlement Team or Community Mental Health Teams.
- If you have any questions about the service, or are having difficulties achieving a referral, you can telephone Derek Forbes, the Project Manager, on: **020 8533 7550** or e-mail:

davenant@stmartinofours.org.uk



Do you need support living independently in Islington?

Would you like support in any of the following areas:

- Developing your self confidence and social skills?
- Learning to manage your own home and gaining greater independence?
- Becoming more a part of the local community?
- Gaining access to local amenities and healthcare services?
- Managing your finances and making sure you receive the right benefits?
- Reforming and developing family and social relationships?

We are likely to be able to support you if:

- You are someone who requires support in living independently and have had difficulties in managing your mental health;
- You are willing to meet with your key worker once a week;
- You are prepared to take an active role in developing your own support plan.

What can I expect?

Once accepted, you can expect to be introduced to your key worker who will offer a range of services designed to meet your individual needs.

St Martins offers one to one support in all these areas in your own home...

...and provides both practical and emotional help specifically to people with mental health needs.

The focus of the support, delivered by trained staff, is to build confidence and independence by giving you the skills and knowledge to use services effectively and maintain your tenancy.



What we offer:

- Davenant Road comprises 12 self contained studio flats and 24 hour intensive support provided by an experienced staff team. The building incorporates communal social areas, large gardens and excellent multimedia equipment for use by residents;
- Support with your dealings with statutory and community agencies;
- Help with issues surrounding moving into permanent accommodation;
- General counselling and support:
 - Support planning
 - Emotional support
 - Mental health
 - Benefits advice
 - Life-skills training