

About us

We are a registered mental health charity supporting people with mental health problems, across the Bradford district to move forward in their recovery and live independent, fulfilling lives.

We exist because mental health problems exist and because they are complex.

Our Hope team are here to help people who have visited one of the 'Safer Spaces' crisis services and feel afterwards that they would benefit from some further follow-up support. This service provides support on a 1-2-1 basis over a 6 week period, with the option of further group work.



How to get in touch

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 The Cellar Trust
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 thecellartrust.org

HOPE

Person centred
Non-clinical
Peer Support



What to expect

We know that beginning your journey with us will seem daunting at first. We want to provide you with all the information you need to put your mind at rest so you can focus on what's important. Here's a week by week summary of what we will cover so you know what to expect.

Week 1

You will meet your peer support worker. We will explain the scope of support you can expect and talk about the importance of setting boundaries.

You will need to complete a data protection form and mental wellbeing questionnaire.



Did you know...

We also provide online mental health resources? Visit **livingwell.training** to find out more.

Week 2

This week we will discuss your experiences. It's a chance for you to talk about what's been happening for you. We will explore these experiences and perceptions together.

We will begin to identify your goals and the barriers to achieving them. We will begin action planning so that we can work towards achieving your goals and overcoming the barriers.

Week 3-5

During this time we will breakdown your action plan and make priorities along the way.

We are now half way through so we will review your progress to date and any remaining goals.

This week we will begin to prepare for what happens at the end of your time with us. We will also identify and arrange any long term support you might need.

Week 6

This is your final session. We will take a look back and review all your progress. We will also take a look at any actions or next steps.

This session will be used to gather your feedback with a follow-up questionnaire.

You can also use this session to sign-up to a peer support group or further training. You can also join the Being Well in Adversity Group.



We will make any referrals and signpost you to relevant services throughout your time with us.