

## SANDWELL MIND



For better  
mental health

### OUR COMMITMENT

#### Community Wellbeing Service

##### Our Purpose

To provide the people of Sandwell with greater access to preventative services, as well as opportunities to access mental health support through primary care and the local community.

##### Our Aims and Objectives

The aim of the service is to promote and deliver a range of wellbeing activities on a non time-limited basis, based on the following broad themes: workshops and short courses; complementary therapies, therapeutic group work, social ecotherapy and leisure activities. Our objectives are to:

- Raise awareness of the concept of 'wellbeing' and good mental health
- Provide self help and guided self help support by equipping people with a range of tools to manage their own health and wellbeing
- Promote healthier lifestyles
- Improve social support and community integration
- Reduce social isolation, promote peer support and encourage self help
- Support service users to lead or have strong input into the running and delivery of groups, activities and events
- Ensure that the needs of all diverse communities are met
- Demonstrate the efficacy of therapeutic interventions offered

##### Our Values

We aim to provide a good quality service that is responsive to the needs of people that we work with and that is free from discrimination; ensuring that users of the service are treated with respect and dignity at all times, having their privacy and confidentiality respected.

##### Continuous Improvement

Sandwell Mind is committed to quality and aims to continuously improve its services. Regular reviews of services and practices are undertaken through consultation with service users, carers and stakeholders, along with undertaking standard monitoring protocols.