



AN
INTRODUCTION
TO

START



WHO WE ARE

START is a charity that has been delivering mental health recovery and prevention services in Salford for over 30 years. We use creativity, connection and recovery interventions to help improve people's lives.

Our programmes focus on personalised, strengths based approaches to help beneficiaries to build confidence, resilience and self-esteem. We reconnect and integrate people with their communities, providing onward pathways into training, employment, volunteering and leisure pursuits.

All of our work is directed towards improving and enhancing the quality of life, health and wellbeing of target groups within the local community, in particular people at risk of experiencing mental health difficulties or social isolation.

We are passionate about providing the very best support for the people in our community who we are lucky enough to meet through our work.

LET'S **START** WITH THE WHY...

Our Purpose

Using creativity, connection and recovery interventions to help improve people's lives.

Our Vision

To deliver excellence in mental health and wellbeing provision in Salford, Greater Manchester and beyond through our passion for human connection and a fierce belief in the potential of people and communities.

Our Mission

To improve and enhance the quality of life, health and wellbeing of target groups within the community, in particular people at risk of experiencing mental health difficulties or social isolation.

OUR VALUES

The golden thread which runs through all of our work.

Creative - we value the potential creativity has for improving mental health and the power it gives to all of us to think differently and to innovate

Compassionate - we view the world through a compassion focused lens; we allow ourselves to feel and this helps to drive our mission and impact

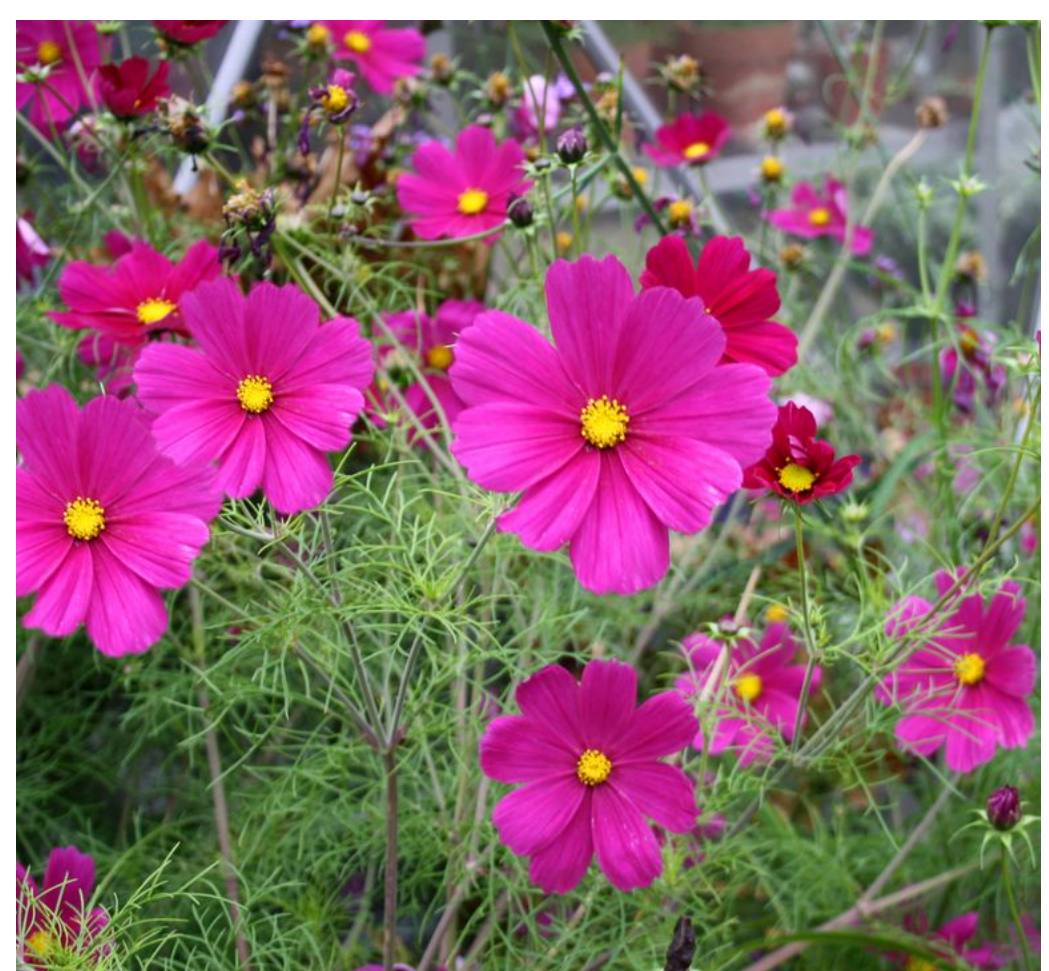
Collaborative - working together is at the heart of everything we do; with the people we support, our staff and volunteers and the other organisations we collaborate with to achieve the best outcomes for our community

Committed - we strive to be the best, to ensure people get the best; as individuals and as a company we are committed to focussing on strengths and to continually learning and evolving

LOCATIONS

Brunswick House is our main base located in Pendleton, close to Salford Shopping City and University of Salford. Brunswick House is accessible to all Salford residents, and regional visitors, being at the centre of all public transport routes.

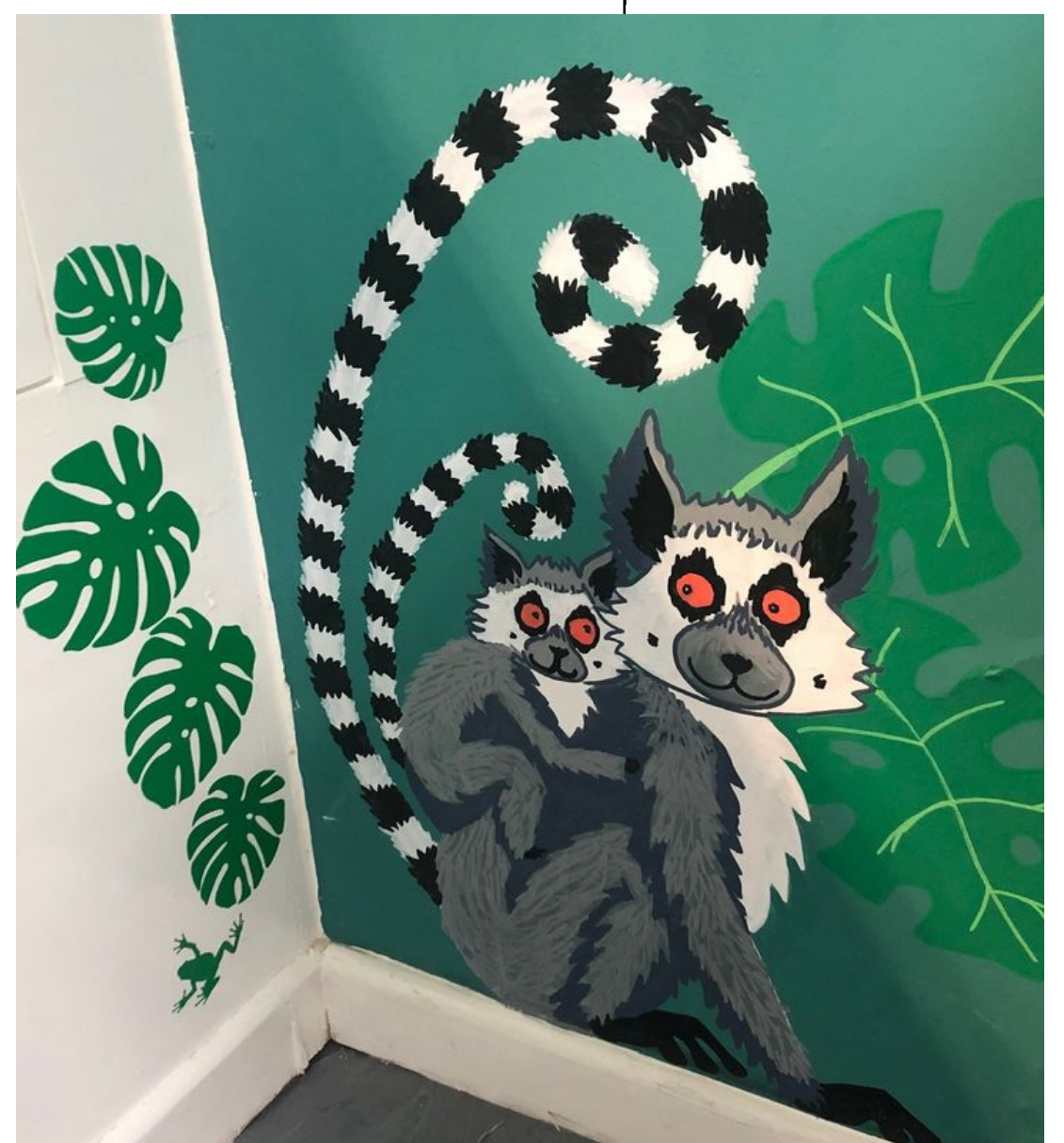
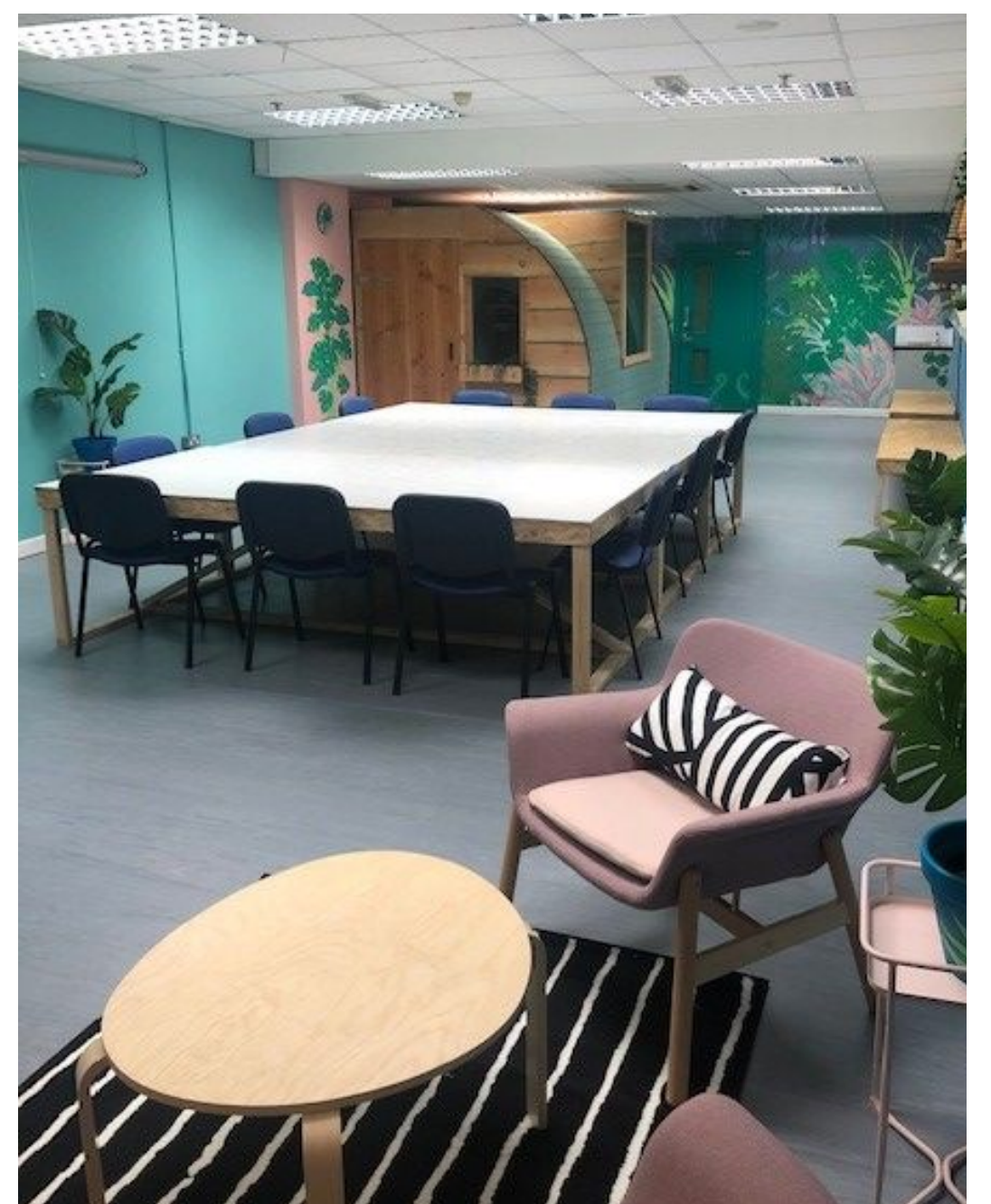
Brunswick House boasts multiple 'state of the art', fully equipped arts studios, multimedia IT suite, music and recording studio, photography studios, ceramic and woodcraft workshops, a community garden, and gallery/exhibition space.



LOCATIONS

The Make Space is our outreach hub in the Walkden area of the city. This converted shop unit at the heart of Walkden Shopping Centre is used as studio space for those who may have barriers to attending Brunswick House, as well as office space for some START staff working in the neighbourhood.

It is also used by a wide variety of partners who deliver specific groups and 1:1 support from the hub.



WHAT WE DO

Our work falls into a number of overarching programmes:



Inspiring Minds

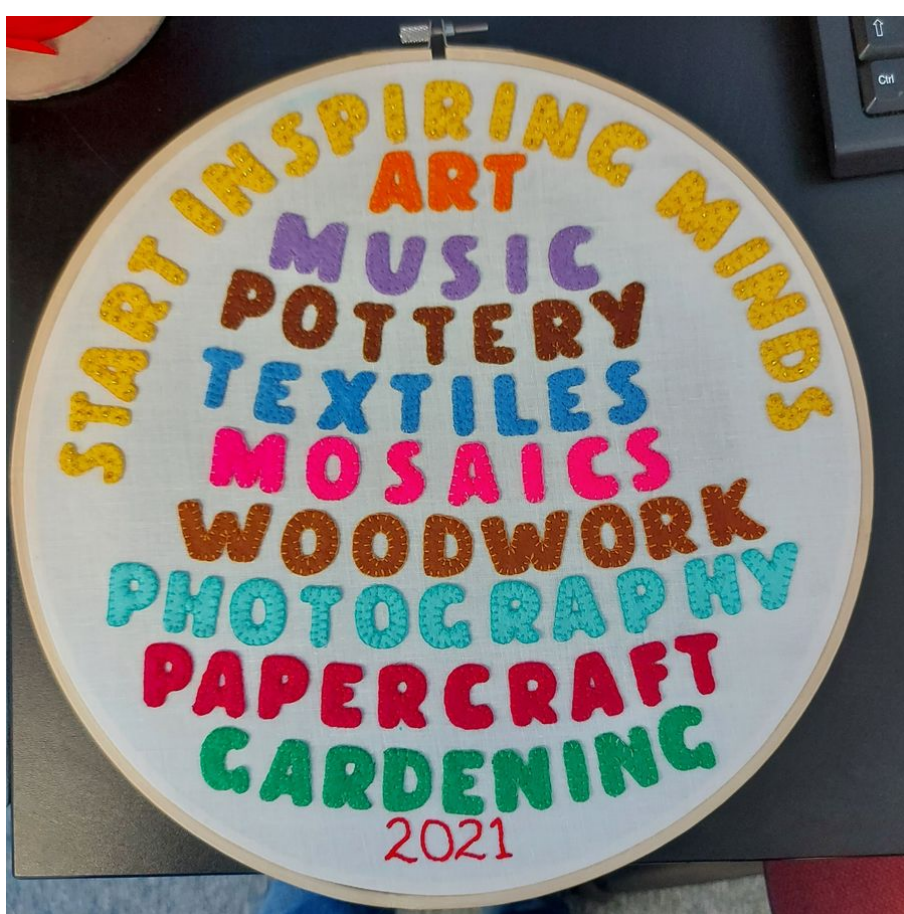
This service is for people experiencing poor mental health ranging from mild/ moderate to more severe and enduring conditions. The programme consists of weekly, studio-based creative workshops and encourages members aged 18 plus to access various learning opportunities and pre employment skills supporting them to recovery which ultimately leads them back into the community.

The Inspiring Minds Programme provides weekly creative sessions in a number of mediums which may include

Visual Arts – Photography – Horticulture – Woodwork – Ceramics – Crafts – Music

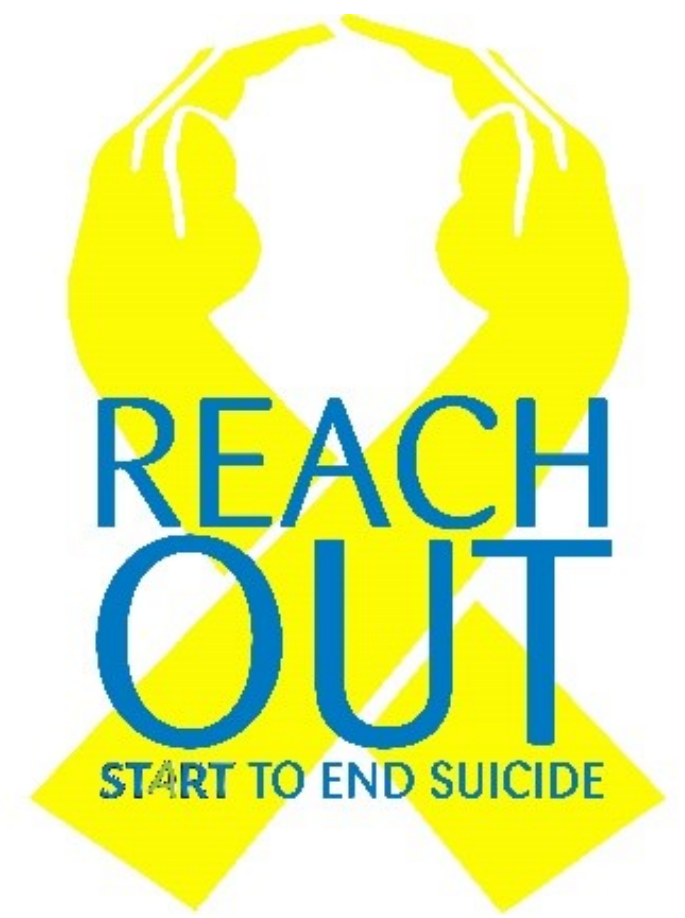
Professional Artists lead each group and participants are encouraged to consider themselves as aspiring artists when they join the organisation rather than mental health service users. This encourages people to look forward to learning new skills and to be proud of their achievements. Participants can access between 6 and 18 months of support dependent upon individual need and are supported through their recovery journey by a mentor who undertakes regular reviews and assessments as well as assisting individuals to complete Personal Development Plans to help with future aspirations and planning.

The programme runs both from our central base, Brunswick House, a Grade II listed building and at our Walkden hub, The Make Space.



'Reach Out; Start to End Suicide'

START's campaign 'Reach Out; Start to End Suicide' is focused on strengthening community action and overcoming health inequalities through having the community at the heart of this project.



They are actively contributing to the planning and implementation of the project and reviewing the effectiveness of the projects activities and the development of their personal skills.

'Reach Out; Start to End Suicide' encourages health behaviour change among the general population of Salford. It is disseminating behaviourally focused messages with the intent of influencing the decision making processes of individuals in Salford.

We are decreasing stigma, raising suicide knowledge and increasing the public's confidence to help people who may be struggling.

The scale and reach of the project is critical in reaching at-risk individuals who have not engaged with the health care system.

Through all of our activities we engage members of high risk communities within Salford including; men, people who self-harm, suicide/attempt survivors, people who misuse alcohol/drugs, people in the care of mental health services, students, LGBT people and those in high risk professions such as nurses and doctors.

We draw on the community to provide social support and self-help for themselves and each other which is creating a health and wellbeing supportive environment in Salford. By giving Salfordians the support they need to help prevent suicide, they will in turn, reduce suicide rates by saving lives.



Wellbeing Matters



The Wellbeing Matters programme is a Voluntary Community and Social Enterprise led initiative, delivered by Salford CVS in partnership with Salford Third Sector Consortium, that focusses on Person and Community centred approaches to improving the wellbeing of Salford people.

A key element of Wellbeing Matters is the community connecting / social prescribing programme that connects people, referred by health professionals with a non-medical need, to local community assets to support their wellbeing, independence and to reduce social isolation. The programme aims to support people to feel more connected to their community, more confident and less socially isolated by linking them into local groups and services. The goal is for people to be better equipped to manage their own health and wellbeing with less reliance on clinical health and care services.

START as an Anchor within Wellbeing Matters currently hosts 3 'Community Connectors'.

The Wellbeing Matters 'Community Connectors' work with people on a 1:2:1 basis over a number of sessions to establish 'what matters to them' and to then connect them into relevant local, non-medical wellbeing and social support within their neighbourhood to improve their wellbeing and decrease social isolation.

This can range from accessing a community group (dancing, singing, gardening, cooking); through to sports / physical activity group; food bank / food club; friendship group / befriending; taking part in volunteering; mental wellbeing support; CAB / welfare support and much more.

The Wellbeing Matters programme also supports the development of the VCSE ecosystem that underpins social prescribing through volunteering, voluntary action, community activities and investment.

Wellbeing Matters is a nationally recognised programme, which featured at the recent International Social Prescribing Conference as an example of good practice.



Living Well Salford

Living Well Salford is a new service created in partnership between START, Mind in Salford & Greater Manchester Mental Health Trust. It is a multi-agency team, who come together to provide a positive, humanistic and safe experiences for those people experiencing poor mental health who do not meet the threshold for community mental health services.

Living Well focuses on developing new ways for people to access support which:

- recognises people's strengths and potential
- is designed by people with lived experience, service leaders, clinicians and commissioners
- is based in community settings and is easy to access
- supports people with relationships, housing, debt, employment, connecting with their communities
- is provided by communities, including the voluntary sector, social enterprises and statutory services

The Living Well team is made up of both clinical and non-clinical staff and 'Recovery Workers' hosted by START are a core part of the workforce. 'Recovery Workers' are based in a variety of community venues within the city including Brunswick House & The Energise Centre and meet with people wherever it feels best for those they are supporting.

The team also includes peer support workers and volunteers, occupational therapists, social worker, primary care network mental health practitioners, a consultant psychiatrist, a volunteer coordinator and a community connector.

The development of Living Well aligns with a key priority in the NHS Long Term Plan around transforming and realigning community mental health services with primary care networks (PCNs), creating 'new and integrated models of primary and community mental health care'.