

And if we don't provide the service or support you need, we will do our best to help you find something more appropriate.

For more information, or an informal chat about anything in this leaflet please contact us.

We look forward to hearing from you!

I have made new friends and feel more confident since having your support - thank you!

Contact Details

Head Office:

Phone 01444 459517 or

Email: info@sussexoakleaf.org.uk

Community Wellbeing Services:

Mid Sussex services phone 01444 416391

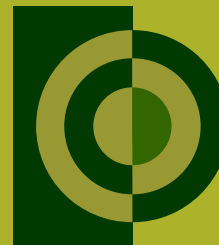
Crawley services phone 01293 534782



Community Wellbeing Services



Crawley and Mid Sussex



Find out more...

Services open to everyone

An individual assessment of your needs.

A named worker who will meet with you every 3 months to use the Recovery Star Tool and support you to create and implement your individual action plan.

Community Links and Resource Library.

Information about services in your local area, and support to access things in your local community.

A wide variety of ways to be involved, and influence the services we deliver.

Peer Specialist Training.

Community Cafes.

Volunteering opportunities.

Access to a range of group activities in your local area including the following:

Social groups, Wellbeing Workshops, Art, Relaxation, Women's group. Please see separate timetable for more information.

Additional support for people entitled to Self Directed Support

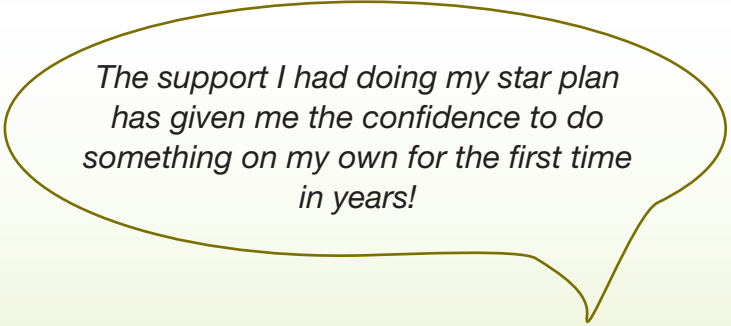
(This is also known as a Personal Budget, or a Direct Payment)

You are able to access all of aspects of the service detailed on the previous page.

We will support you, and your care coordinator, to go through the Self Directed Support process.

You will have a personal key-worker assigned to you.

Your key-worker will meet with you for regular 1-1 sessions to provide more intensive individual support.



The support I had doing my star plan has given me the confidence to do something on my own for the first time in years!

If you want to be referred to the Community Wellbeing Services please contact the Assessment & Referral Manager in your area: Crawley 01293 534782 or Mid Sussex 01444 416391