

What we do?

We are service-user led and facilitate and develop service user involvement in every part of mental health care provision across Angus. We have a number of projects: our collective advocacy, young persons' and information projects, our trainer and self-help groups and Angus Community Enterprises (ACE), an employability and social initiative (and community resource.) We provide a number of training courses that are open to all our members of the community whatever their age. We provide organizations with bespoke training packages covering a range of mental health related courses.

Our courses include:

- 'Unlock your potential'
- 'Moving Forwards'
- Augment's Recovery Approach
- Peer Outreach Training
- Wellness Recovery Action Plan (WRAP) training
- Training for Service User representatives
- Scottish Mental Health First Aid
- Training for Support Workers

Our Principles

We recognise the strengths and resourcefulness of all our members, staff and people we work in partnership with.

We recognise the role of communities, other organizations and community involvement in supporting the process of recovery and maintaining well-being.

We recognise the effects that stigma, discrimination and inequality can have on individuals. We work inclusively within the organization and challenge exclusion outside it.

We value people as experts in their own mental health.

We value and promote diversity and equality.

We value working collaboratively with individuals, and groups, to agree goals, actions and solutions.

We value being open and honest about our boundaries and our limitations.

Augment Scotland

Peer Outreach

" when I let go of what I am, I become what I might be"

Lao Tsu
(Taoist philosopher)

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Peer Outreach

Good support can help anyone with mental health challenges overcome their fears, start something new or access training or employment opportunities.

Using a radically new approach to support developed by Augment, people with a lived experience of mental health challenges are trained as peer outreach volunteers to support you to achieve your short term goals.

What would you expect of me?

Before any referral is made, we expect you to have a goal or goals you want to achieve that will help your recovery. They can be as individual or as varied as the people volunteers work with but should be achievable within 6 to 8 weeks.

After your referral is accepted, you will meet a Volunteer Coordinator and you will agree to work towards achieving the goal or goals you have set. When you agree to meet a peer outreach volunteer, you're making a commitment to work towards your goals. Your commitment is to:

- Meet your volunteer at the time and place you agreed to meet;

- Let us know straight away if you need to change or cancel an arrangement you've made with your volunteer;
- Keep in contact with the Volunteer Coordinators so they know the partnership is going well.

Can anyone be referred?

Anyone currently experiencing mental health challenges, with an identified goals with support can be referred.

Can I refer myself?

Of course! While most referrals to the project come from a member of a care team a Case Manager, GP and Psychiatrist we're happy to take self referrals.

Where can I get a referral form?

You can get a referral form by visiting our web site or by calling us direct on 01241 434405.

You can also ask your worker for a referral form if you have one: we provide all care teams with a copy.

Can you give me an idea about the goals I want to achieve?

The goals you set are the goals you want to achieve within a timescale that you decide. There is no such thing as a goal that's too simple or too small.

These are examples of some of the goals set by our members:

- Using public transport to attend services independently;
- Learning about wellbeing tools/ coping mechanisms & increasing confidence;
- Coming to Augment, building confidence and a routine in order to return to work.