

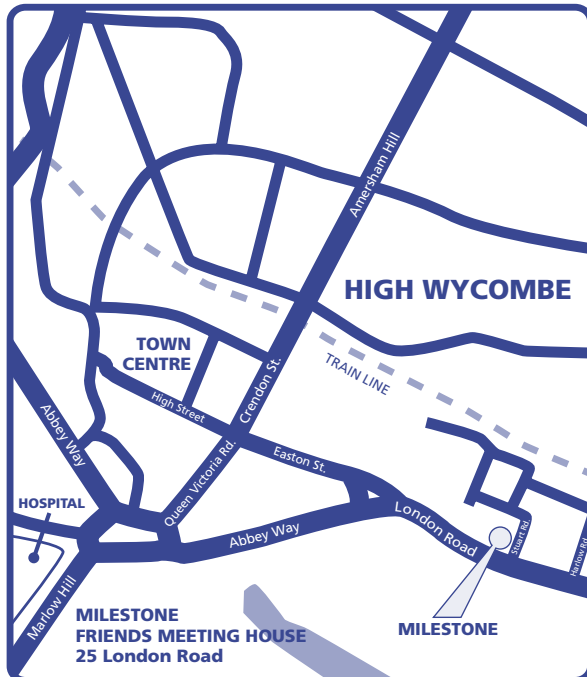
## Milestone

### Contact Details:

Friends Meeting House  
25 London Road  
High Wycombe  
HP11 1BJ

Tel: 07717 028281 or  
01494 792244

Wednesday 9.30 a.m. - 3.00 p.m.



### Contact Details:

Head Office  
4 Temple Street  
Aylesbury  
Buckinghamshire  
HP20 2RQ

Tel/Fax: 01296 437328  
e-mail: [info@bucksmind.org.uk](mailto:info@bucksmind.org.uk)  
website: [www.bucksmind.org.uk](http://www.bucksmind.org.uk)

### Other Locations:

Sun House  
32 Church Street  
Chesham  
Bucks HP5 1HU

Tel: 01494 792244  
email: [sunhouse@bucksmind.org.uk](mailto:sunhouse@bucksmind.org.uk)

The Dove Centre  
4 Temple Street  
Aylesbury  
Bucks HP20 2RQ

Tel: 01296 393831  
email: [dovecentre@bucksmind.org.uk](mailto:dovecentre@bucksmind.org.uk)

Wycombe Counselling Service  
260 Desborough Road  
High Wycombe  
Bucks HP11 2QR

Tel: 01494 463364  
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Buckinghamshire Mind (The Buckinghamshire Association For Mental Health) is a Registered Charity (No: 1103063) and a Company Limited by Guarantee (No: 5000185)

May 2007

## Day Services Milestone



## Milestone

Milestone is one of a range of Day Services offered by Buckinghamshire Mind.

### What do we aim to do?

- Provide a place to go for company and mutual support
- Build confidence and self-esteem
- Provide opportunities to contribute skills and experience
- Support recovery
- Provide support to access mainstream opportunities
- Develop social skills
- Lessen isolation

### How do we do this?

Our services are non-judgemental and offer opportunities to develop self-esteem and confidence by encouraging and supporting involvement. Activities are offered, including supported access to mainstream opportunities.

These have included:

- Art classes
- Foreign language courses
- Guitar classes
- Badminton
- Swimming
- Walking
- Bowling
- Computer skills

Service users are able to access Buckinghamshire Mind's Supported Employment Project if they are looking to move back to employment, whether that be paid or voluntary.

### Who are we for?

All referrals need to be made through a Community Mental Health Team via Care Management and the CPA process.

After a person has been referred an opportunity is provided to see the service in action and to decide whether it is appropriate to the individual's needs. If there is mutual agreement to go ahead then, when all the paperwork is in place, the person can begin regular attendance. After an initial period a worker will meet with the service user to identify their needs and agree a support plan.

### Testimonials

*'I had social phobia – this has enabled me to overcome it in a very gentle way, helping me to feel more comfortable in small, then larger groups.'*

*'Companionship; letting people see I am alive; to talk out my frustrations; I find it necessary for my own existence.'*

*'They respect you as individuals here.'*

## Buckinghamshire Mind

### Who are we?

Buckinghamshire Mind is an independent registered charity that for over 90 years has been involved in the promotion of good mental health through education, campaigning and the provision of services across the county.

### What do we do?

We provide a range of mental health services across the county in partnership with statutory bodies i.e. Social Services and Buckinghamshire Primary Care Trust. In addition we are able to offer other services that we fund independently. Our services are run by a combination of paid staff and volunteers and we strive to ensure that service users are central to all that we do.

### What do we aim to achieve?

Our vision is of a society that promotes and protects good mental health for all, and that treats people with experience of mental distress fairly, positively, and with respect.

### Our relationship with National Mind

Although we are an independent charity we form part of the network of Local Mind Associations linked to the national charity Mind. ([www.mind.org.uk](http://www.mind.org.uk))