

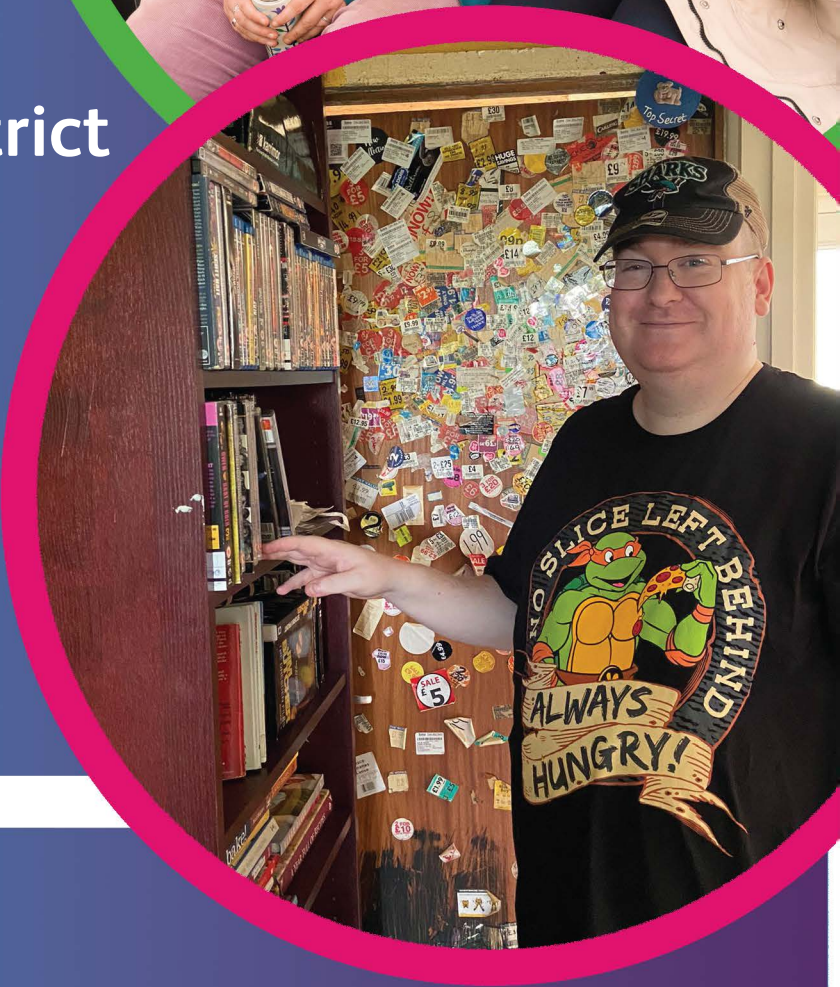
# Northants Intermediate Mental Health Floating Support Service

Community  
Mental Health  
Support Service  
across  
Northampton,  
South Northants  
and Daventry District

## Contact

Service Manager  
Sara Moylan  
sara-moylan@  
together-uk.org

[www.together-uk.org](http://www.together-uk.org)



## Who we are

Provided by the mental health charity Together for Mental Wellbeing, and commissioned by NHFT, Northants Intermediate Mental Health Floating Support Service offers time limited support in the community, to enable individuals who have mental health needs to meet their identified goals.

Our aim as a service is to offer individuals a high impact preventative service, tailored to their individual needs, that encourages people to take the lead on their support journey. We empower people to develop their independence and skills, establish a network of connections and inclusion focusing on the positives of what people can do through an enabling support approach.



This service is for adults with mental health needs over the age of 18 years old, who live in Northampton, South Northants and Daventry District.

The service we offer will be for a maximum of 6 months.

Our service operates Monday to Friday between the hours of 9am to 5pm.

## Where we are

Together for Mental Wellbeing  
Northants Intermediate Mental Health Floating Support  
Flat 17 Benham Court  
Billing Brook Road  
Northampton  
NN3 8NU  
01604 413387

**Service Manager**  
Sara Moylan  
[Sara-moylan@together-uk.org](mailto:Sara-moylan@together-uk.org)

## Making a referral

There are two referral pathways into our service:

- Northamptonshire Adult Social Services – A referral can be made to Northamptonshire Adult Social Services online at [www.westnorthants.gov.uk](http://www.westnorthants.gov.uk) or by calling 0300 126 1000 option 2, if deemed appropriate after their assessment they can refer to our service

- Health Services – Primary Care and Secondary Care Services including GP's, Nurses, CMHT, CPN's, Social Prescribers and the Mental Health Hub, these professionals can refer an individual direct into our service

A referral form can be requested and completed by the referrer and sent to Service Manager **Sara Moylan** via email.

Upon receipt of the referral a screening process takes place and an initial assessment will be completed over the phone. If eligible the person will be allocated to a Support Worker and they will devise a personalised support plan with the individual and their support journey will begin for a period of up to 6 months.

Once a referral is made to our service and allocated to a Support Worker a support plan is devised with the individual identifying the goals they wish to achieve. The Support Worker and the individual work on these goals and the support plan remains live throughout the support journey. So it can be updated when goals are achieved and added to if new goals are devised.

We work closely with our funding partners to ensure the following 7 outcomes are a key part of our approach :

- People achieving independence in 2, 4 or 6 months
- People linked in with and using Universal Services and community opportunities



- People diverted from crisis and high cost mental health services
- People securing and/or maintaining settled accommodation
- People securing voluntary or paid employment
- Increasing income & tackling debt
- Improving health and wellbeing

The aim of our service is to work collaboratively alongside the person, empowering them to have choice and control as they work towards what is most important to them. By working in line with our values in this way, by the end of support we want to ensure the individual has improved confidence, skills, independence and overall health and wellbeing. Through empowering the individual and building resilience, we aim to reduce the need for further support from mental health services.

Our service does not offer clinical care or personal care.



## Group sessions

In addition to our core 1:1 work with individuals our service offers two Tea and Talk Groups.

These are run on a weekly basis in the local community, in two local cafes. These inclusion groups are accessed by people we currently support, individuals who have previously accessed our service and other members of the public.



The attendees can meet once a week to develop friendships and offer support to each other.

Monday - Café Track  
1:00 – 3:00pm

Thursday - Jennys  
Weston Favell  
1:00 – 3:00pm

## Peer support

The service is pleased to be able to offer peer support at the Northants Service whereby people can receive 1:1 support sessions from a Peer Support Worker who has lived experience of mental distress.

Peer support offers the chance to learn together through the sharing of experiences and ideas within a mutually beneficial relationship, where both people draw on their experiences to support each other towards greater wellbeing.

Peer support sessions give people who use the service the opportunity to explore and discover what works for you, learning from each other along the way.



## Feedback on Peer Support

*'I feel less isolated and have a greater sense of purpose'*

*'For the first time I felt that someone truly understood.'*

*'My peer support relationships have given me inspiration'*

## Feedback on Northants Intermediate Mental Health Floating Support Service

*“I really do appreciate your support over the past 6 months, it really has made such a difference to me. I will always be so grateful for it”*

**Individual previously accessing our support**

*“Quite honestly the service has been exceptional”*

**Individual previously accessing our support**



*“A worker has been coming to see my client over the last few months. There have been numerous financial improvements to the client’s life. There have been tangible health benefits and also a real change in the client’s living space and this was all down to the work that had been carried out by Together”*

**Housing Professional**

*“The support has been tremendously helpful and you have helped him accomplish so much. The changes in the house that you have led on and we have contributed in a small way to have made a big difference”*

**Housing Customer Partner**

*“My support worker always goes above and beyond”*

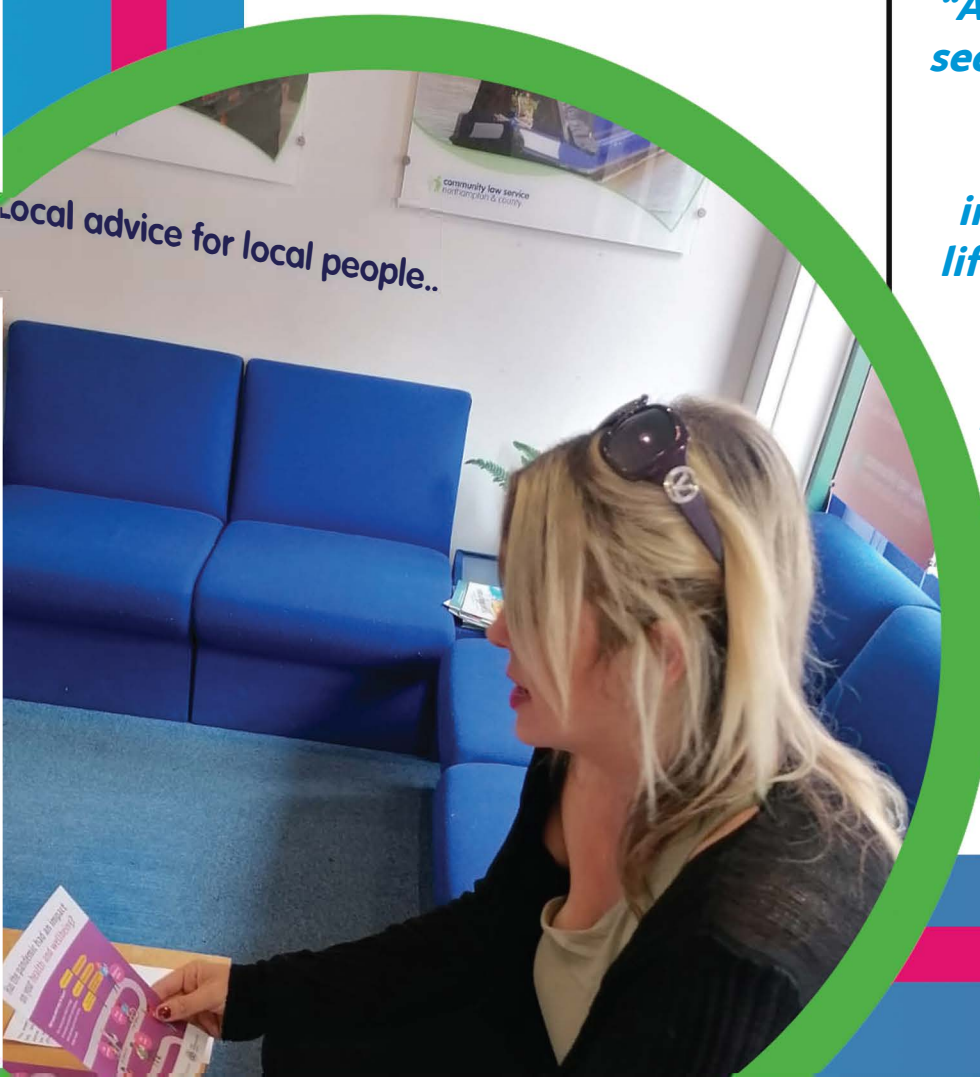
**Individual previously accessing our support**

*“You are the most amazing, wonderful person that came into my life at the right time, you’re the best, thank you”*

**Individual previously accessing our support**

*“Thank you so much you have really helped me through a difficult and worrying time. I am very grateful to you”*

**Individual previously accessing our support**



## Contact Us

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