

How will we support you?

We will support you for up to two years. You will be given a lead worker, although you may be supported by anyone from within the team.

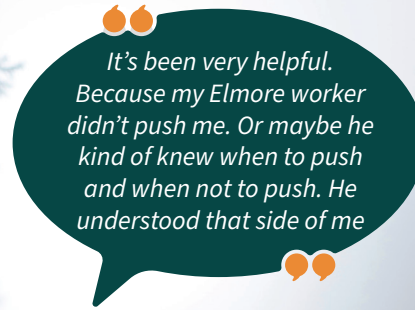
Your worker would meet with you regularly (normally every 2 weeks). We will aim to meet you face-to-face, but will also be able to meet via videocall and support you on the telephone.

Your lead worker will help you identify the goals you want support with. This is completed by talking through what is going on for you right now, identifying what you'd like to change and come up with a plan on how to meet these goals.

Our commitment to you:

We will work *with* you rather than for you and empower you to make positive changes in your life. We will build a professional working relationship with you and be honest with you as well as try and problem solve with you in creative ways. We will offer you bespoke and individualised support and treat you with integrity by being open and honest with you.

We will ensure that everyone is treated equally and fairly. We value diversity and will not discriminate against anyone.



In partnership with 
Berkshire Healthcare
NHS Foundation Trust



Contact us

✉ Info@elmorecommunityservices.org.uk
☎ 01865 200130

I want great care



Community Support

Supporting people with complex mental health needs, often associated with the diagnosis of personality disorder, across Berkshire and working in partnership with Berkshire Healthcare NHS Foundation Trust.

Who are we?

Elmore Community Services is an independent charity with over 30 years' experience. Elmore offers a range of flexible services that support people with multiple and complex needs.

Elmore's aim is to promote quality of life, independence and social inclusion, to support personal recovery and empowerment, to prevent homelessness and to assist in the process of establishing stable and cohesive communities.



What type of things do we support with?

Support with Relationships and Social Networks

We can work with you to improve relationships and develop your social networks, including your families, friends, social groups and hobbies.

Helping you to feel better connected, and to be part of your local community. Supporting you to navigate and benefit from support from local agencies and facilities, such as health care, leisure, faith groups, library facilities, transport, shops, and support groups. We can go with you on initial visits to these if needed, to help you to build up confidence. Supporting you to access opportunities in education, training, volunteering and employment.

Engagement with Other Agencies

Helping you to get involved with other agencies. Supporting clear communication, shared understanding and joined up overview of your needs.

Acting as an advocate to ensure your voice is heard. Supporting you with referrals to other services, such as organisations who can support with cost-of-living issues, such as food banks and support with utility bills.

Mental and Physical Wellbeing

Supporting you to identify and understand your physical and mental health needs and where to get support.

Encouraging you to monitor your own mental health needs and access support.

Linking into Psychological Therapies, and other helpful services.

Supporting you to attend medical appointments.

Providing emotional support, and working with you on confidence building and improving self-esteem.

Working with you to help you learn or improve practical life skills.

Supporting you to make positive and healthy choices about lifestyle such as exercise, healthy eating, stopping smoking.

Support with Finances and Benefits

Supporting you to do a benefits check and understand the benefits you are entitled to. Providing advice to help with budgeting and paying house-hold bills, and referrals to debt support providers.

Supporting you to access grants and financial support for essential items.

Elmore's helped me move on to different things. Things that I didn't think I would be able to do I'm managing.



Elmore's Berkshire Community Support will support people who have the complex emotional needs that may be associated with a diagnosis of personality disorder.

The purpose of this service is to enable people to live and be supported within the community, meeting in places where they feel comfortable.

This is a partnership service working with Berkshire Healthcare NHS Foundation Trust to promote recovery and independence, as part of the broader transformation of services for people with complex mental health difficulties, often associated with the diagnosis of personality disorder.