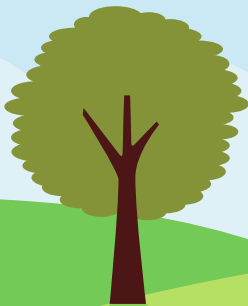


# REACH

Support on your journey  
towards greater confidence,  
independence and wellbeing



# Welcome to REACH

We offer weekly, face-to-face support for up to six months, tailored just for you.

We can help you become more involved in your community and connect with groups local to you, so you feel more engaged and supported in everyday life.

This is your space to explore what matters most – whether that's socialising, education, volunteering, employment or simply learning how to navigate public transport with ease.

**REACH** is not a clinical service but is delivered by experienced support workers who specialise in mental health.

Some of our team have their own lived experience of mental health difficulties and will draw upon this to better understand and support you.





## Who is this service for?

**REACH** is here for anyone aged 18 to 65 living in Bradford, Airedale, or Wharfedale and currently accessing secondary mental health services or on the waiting list.

If you don't meet the criteria, don't worry, another service may be a better fit and we'll help guide you there.

We work closely with the people already supporting you to understand your needs and offer the right kind of help.

## What support can I expect?

We help you to design a care plan to identify goals and research local facilities that can support you to achieve them.


Within our team of Support Workers, we have a:

**Volunteer Co-ordinator** to help facilitate volunteering opportunities. They also run a weekly peer support group.

**Co-production Support Worker** to hear the voices of people we work with.

**Transition Support Worker** to help people adapt after being discharged from hospital.

**Dual Diagnosis Worker** to support people struggling with drug and alcohol issues as well as severe mental health.



# How can I access this support?

Simply ask the person supporting you, such as your care co-ordinator, mental health nurse, or social worker, to make a referral.

Once a support worker is available, we'll arrange a visit to meet with you to explore how we can help.

**REACH** is about walking alongside you, helping you build confidence, find independence and feel empowered in your journey. Let's take that next step together.

## How to contact us

01274 586 474

[referrals@thecellartrust.org](mailto:referrals@thecellartrust.org)

[thecellartrust.org](http://thecellartrust.org)

The Cellar Trust, Farfield, Farfield Road, Shipley BD18 4QP

**REACH** work as part of the Bradford District Care Trust and Local Authority and is delivered by two local charities: **The Cellar Trust** and **HALE**, who are both based in Shipley.

## Reach

Delivered by

