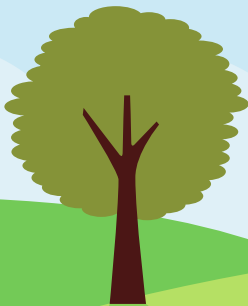


REACH

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.

We support individuals who are currently in transition, this may include; discharge from hospital into the community or moving into or within the Bradford District. Those with a transition need are eligible for fast tracked support.

Within our team of Support Workers, we have a:

Group Co-ordinator to run weekly peer support groups including a walking group offered to service users and people on our waiting list. They also facilitate volunteering opportunities.

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.

REACH work as part of the Bradford District Care Trust and Local Authority and is delivered by **The Cellar Trust**.

To access or find out about any of our services, contact us or visit our website:

How to contact us

01274 586 474

referrals@thecellartrust.org

thecellartrust.org

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

Follow us



[/TheCellarTrust](https://www.facebook.com/TheCellarTrust)



[/TheCellarTrust](https://www.instagram.com/TheCellarTrust)



[/the-cellar-trust](https://www.linkedin.com/company/the-cellar-trust)

The Cellar Trust is a registered charity in England and Wales no. 701982 and a company limited by guarantee registered in England and Wales no. 02304802