

Everything you need to
know about Touchstone's

Support Centre





Touchstone makes a difference to the lives of people, working together with them to improve their health and wellbeing.

The Support Centre enables black and minority ethnic (BME) people to improve their mental wellbeing.

We will support you to feel better, build confidence, get involved and pursue your interests.

What can the Support Centre do for you?

- One-to-one support so that you can make decisions and achieve goals
- Group activities - exercise, day trips, sharing experiences, art, women's and men's groups, walking, social events, complementary therapy and service user led activities
- Information about matters such as wellbeing, benefits, housing, education and other services

Staff are from BME backgrounds and are fluent in the main community languages.

Chinese Satellite Project

This aims to improve the mental wellbeing of the Chinese community. Staff are fluent in Mandarin and Cantonese.

Carers Service

Supports carers of BME people with mental wellbeing needs.

Both of these projects

- Improve understanding of mental health
- Reduce isolation
- Increase self-confidence and independence
- Promote mental and physical wellbeing



To contact the Support Centre

Telephone us 0113 219 2727

CSP language support 0113 219 2729

Mon, Tues, Wed (am)

- We will send you a form and help you complete it
- We can talk about how we can help you
- Information about you will be kept confidential

You can download the referral form from the Support Centre page of the Touchstone website

www.touchstonesupport.org.uk

Get involved

The Support Centre has developed because we talk to you and listen to what you want and need. We will continue to do this.

If you want to get involved there are many ways of doing this, including coming along to the service user involvement forum.

Ask a member of the team.



The Support Centre can work with you if

- You are 16+
- You are black, Asian or a member of any other ethnic minority community
- You live in Leeds
- You have mental health needs
- You care for someone with mental health needs
- Touchstone supports lesbian, gay, bisexual and transgendered people



Get in Touch

Touchstone Support Centre
53-55 Harehills Avenue
Leeds
LS8 4EX

Tel: 0113 219 2727

Email: supcen@touchstonesupport.org.uk

Website: www.touchstonesupport.org.uk