

Supporting Mental Health in Oxfordshire

restore
working for mental health



- Oxfordshire-based mental health charity
- Support people to take control of their own recovery and gain employment
- Work with 800 people a year
- Overall winner at GSK Impact Awards



Recovery Groups



- Work on recovery together in supportive teams.
- We focus on what people can do not on their illness
- Run social enterprises – proceeds go back into Restore, sense of purpose and achievement
- A *recovery based approach* – focused on strengths, on taking risks, on hope and encouragement, and on positive role models.



Coaching

- One to one support to get paid work
- Uses Individual Placement and Support Model
- Coaching techniques

Julie

“Coaching isn’t just about doing a CV, it’s confidence-building.

The coaches genuinely care about you and really believe in you.

They see all the positive things that you don’t see or that you’ve forgotten”





Who do we
work with

People we work with

Have a range of conditions including

- Anxiety - including obsessive compulsive disorder,
- Depression
- Bipolar Disorder (manic depression)
- Self harm and eating disorders
- Psychotic disorders (eg schizophrenia)
- Personality Disorders

Equality Act (2010)

You are disabled if you have a mental health problem that has a 'substantial' and 'long-term' negative effect on your ability to do normal daily activities.





**Achieve Personal Recovery Goals
Do Meaningful Work
Gain Paid Employment**

763 people
6,739 recovery goals
116 people supported to get and keep work
74 people supported to volunteer

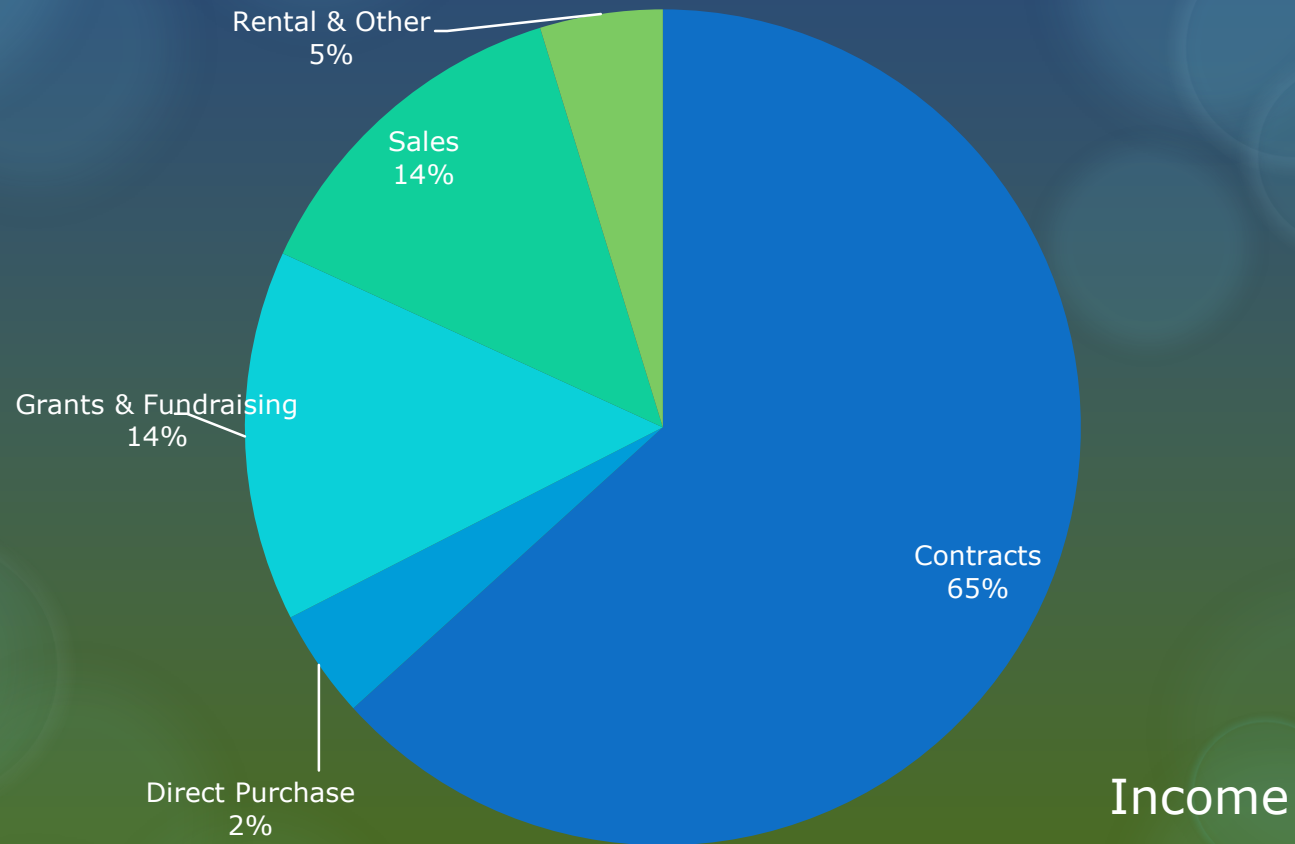


**Mental health
first aid training**



Community
Events

How we are funded



Working in partnership



- Working with Oxford Health NHS Foundation Trust and five other voluntary organisations to deliver services
- The new partnership includes the establishment of a recovery college in Oxfordshire, led by Restore
- An educational rather than therapeutic approach to recovery
- Co-produced and run by people with personal and professional experience of mental health



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Restore