

Further information:

4Winds was set up and is led / managed by mental health service users. A management committee of mental health service users lead the work of the organisation. It is funded by Cardiff and Vale University Health Board and a variety of small grants.

Employs a Project Manager, 3 Project Workers and a part-time Finance and Admin Worker.

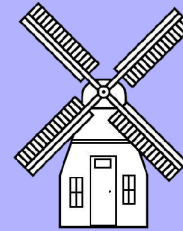
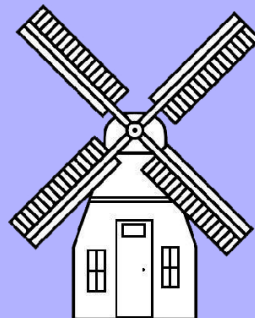
The Centre is at 65, Clare Road, Grangetown, which is within walking distance of the City Centre and central rail station. It is also close to bus routes (No's 1,8,9,9A,92,93,94) and on street parking is available nearby.

Service user feedback:

"Since going to 4Winds my admissions to hospital have greatly reduced. 4Winds has changed my life!!"

"Through the support of 4 winds I was able to undertake voluntary work and eventually paid work."

"4Winds has helped me build enough confidence to take control of my life and look forward to the future."



4Winds

Open Access, User Led Mental Health Resource Centre

Provides a warm, welcoming meeting place, information and a range of flexible and accessible support services.

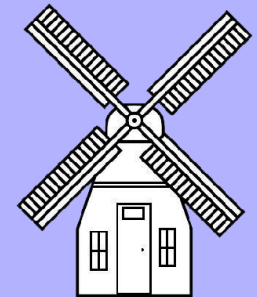
Open 7 days a week (including bank holidays and Christmas Day)

65, Clare Road, Grangetown,
Cardiff CF11 6QP

Tel: (029) 20 388144

Email: contact@4winds.org.uk

Website: www.4winds.org.uk



The 4Winds Mental Health Resource Centre is:

- Committed to the **recovery approach** and **service user involvement** - helping people to realise their potential.
- We work to the principle that everyone has the right to be treated with **dignity and respect**.
- **Open-access** - Any adult living in Cardiff or the Vale of Glamorgan can access the centre during opening hours (No referral is needed, please feel free to ring for more information or pop in during opening hours).
- **User-Led** - The centre is user-led and user managed (the management committee is comprised exclusively of people who use or have used mental health services).
- **Well equipped**, including meeting space, communal rooms, computer room, kitchen and dining space.
- **Open 7 days per week** including Christmas Day and most Bank Holidays,

Monday	1pm—5pm *
Tuesday	1pm—7pm
Wednesday	11am—1pm <u>Women Only</u>
Thursday	1pm—7 pm**
Friday	1pm—5 pm
Saturday	1pm—5 pm
Sunday	1pm—5 pm

Chapter Social Support Group meets at the Chapter Arts Centre Café every Monday 5.30—7.30 pm

The centre closes at 5 pm on the first Thursday of every month for an evening social activity to take place.

Services provided at the centre include:

Opportunities for Peer Support and Social Contact

The centre offers a safe comfortable space for individuals to make social contact and access the peer support that has become an integral part of the service and a key factor in the recovery process for many people. Other opportunities for social contact include the weekly Chapter Social Support Group and various trips and social activities held throughout the year.

Emotional Support

The centre provides a safe space for people experiencing emotional distress. There are always at least two workers present during opening hours to offer listening support, information and signposting, and liaising with health or social care professionals. Workers undertake this work flexibly, take a holistic approach and promote recovery and independence.

Information and sign-posting

The centre is able to respond to the many requests for information from service users and to signpost on to other relevant services. Service users can access the Internet via our computer room and the small lending library in our resource room.

Vocational Support

We provide information and support in accessing opportunities in education, training, volunteering, paid work, leisure facilities and the arts. We do this through the partnerships we have developed and through a range of taster and training sessions held at the centre.

Women-only service

Every Wednesday morning from 11am-1pm. This provides a space for women to access support in a safe environment and creates opportunities for leisure, education and social interaction. A range of optional activities are arranged regularly.

For further information on any of the above or for details of resources available or regular activities such as the Book Club, the Thursday Art Class, The Zephyr Newsletter Group and the Friday cooking group then please contact the centre and request our newsletter or download from our website, www.4winds.org.uk