

Penumbra is a leading Scottish voluntary organisation providing services for people who are experiencing mental ill health. We provide a range of person centred, recovery-based support services across Scotland. We also aim to raise awareness of mental health issues and reduce stigma and discrimination .

Our Staff

All staff at Penumbra are fully trained in person-centred planning techniques and providing recovery focussed support .

What does it cost

The service is funded by Aberdeen City Council and NHS Grampian and there is no charge for the support.

Application

Applications can be made directly if you want to use the service or by carers/family, statutory and voluntary mental health services. The service will prioritise according to need and capacity. Information and application forms are available at the address below.

Penumbra
20 Back Wynd
Aberdeen AB10 1JP

Aberdeen.nova@penumbra.org.uk

Tel:01224 621266

FEEDBACK FROM PEOPLE WHO HAVE USED a NOVA Project.....

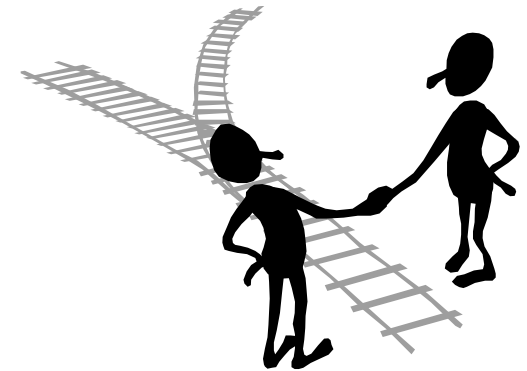
Colin—*The Nova Project has helped me from social isolation. They listened to what I wanted, helped to find what I wanted and activities that were of interest to me. They introduced me to other organisations who could also help me. In less than a year I have overcome my fears. I have done a PT college course and I am now doing volunteering work, I am starting a full time college course and have a busy social life. I have learnt life long learning skills and I am now in control of my well being.*

Jane—*Friendly, openness, empathy and honesty. Staff focus on your recovery and not the illness, they make me feel like a person first and foremost. Staff have encouraged and supported me to achieve my goals, dreams and aspirations. I used to be tied to the past, I now live in the present and look to the future. Staff believe in me and this has helped me to believe in myself.*



Aberdeen Nova Project

*Supporting your
Recovery*



Registered in Scotland No 91542
Scottish Charity No SC010387

www.penumbra.org.uk



Aberdeen Nova Project

The focus of the project is to help you recover from a mental health problem and to learn ways of helping to stay well. People who use the project can be experiencing mild, medium or severe mental health problems and require support for a period of time to help re-build.

Support We Provide

We work with you in a range of ways to develop self help strategies in order that you can live a confident and independent life. We provide:

1:1 support

to develop recovery plans that identify personal goals and self help techniques to work towards the goals you set.

Well-being Programmes

Community Based Groups that look at aspects of well-being. (More about this under group working.)

Peer Support

Learning from others about their experience of recovery.

Employment Support

Whether you are in work or would like to get back to work.

Recovery Focussed

Penumbra embraces the recovery focus and has many tools and techniques to help promote well-being. Some of those are:

I-ROC (Individual Recovery Outcomes Counter)

This tells you which areas you should focus on to help your recovery and also tells you how well you are recovering. People who have used this recovery tool, that is exclusive to Penumbra, have found it a very powerful and motivating tool to help them focus on their recovery.

WRAP (Wellness Recovery Action Plan)

This is a planning tool that helps people become aware of what helps promote good mental health and also helps them to identify factors and situations that may trigger them to becoming unwell. It helps people take control of their well being and be in charge of their lives.

PATH & Personal Plan

We will work with someone to develop a personal recovery plan. We can also help you create your PATH. These are both tools that can help you decide on personal goals and find ways of working towards them

Workshops

We provide workshop programmes based on areas of well-being and how we can be mentally and physically healthier. Examples of some of these are::

Managing Moods

Looking at ways to manage our moods, from stress, anger to fear. Taking control of our emotions to help us feel better in ourselves.

Healthy Living

Exercise and diet play a huge part in our health, we look at ways that we can improve our lifestyle and our health through exercise and eating.

Working to Work

Looking at steps we can take to help us stay in work or to get back to work.

Social Group

It's as it says....part of being well is meeting people and having fun!.

WRAP

Learn how to make your own WRAP and see how this can help you recover and stay well.