



the best of care

Reconnect

A route to social wellbeing

This scheme is for adults who

- are experiencing mental health problems such as Depression, Anxiety, Schizophrenia or Bi-polar disorder, are isolated or lonely
- live in the Aberdeen area and want to get out and about
- want to develop social and personal skills



How does it work?

Empowering individuals to make changes in their own lives through small groups and/or one-to-one sessions individuals would meet and visit places of local interest or make use of community facilities.



If you feel that you would like to be involved in this service, either to directly participate or as a volunteer, please let us know.

Stewart McKenzie 01224 212021





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'RECONNECT' which will aim to provide time-limited (20 weeks) individual and group activities for people with mental health problems, whether they be functional or organic.



People can meet to participate in

- . Cooking on a budget
- . Walking groups
- . Advice on health and wellbeing
- . Accessing local services and facilities
- . Each other's company
- . One to one time available

Now taking referrals and self referrals. Please get in touch with Stewart if you require a form or need assistance completing the form.

VSA
38 Castle Street
Aberdeen
AB11 5YU

Stewart McKenzie:

Tel: 01224 212021

Email: Stewart.McKenzie@vsa.org.uk

