

What is Orchard House?

Orchard House is part of Mind in Croydon's Employment and Social Inclusion Service. Its aim is to support people with mental health problems to take part in mainstream social, leisure and educational activities within the community, including helping people to return to work or start their own business. It acts both as a "hub" from which people can acquire the social, educational and technical skills to access a range of mainstream services and as a focal point and resource for all the agencies interested in helping people to participate in and contribute to the wider community.

How do I Access the Services at Orchard House?

If you would like to access this service, speak to your social worker, CPN or doctor, who will help you fill out one of our referral forms. Alternatively, come and visit us for a chat. If you are interested, then one of our advisers can discuss and agree a personal plan with you and help get you started. We will carry out a personal review every three months, just to make sure that you are making **steady** progress and that you are achieving your goals. Any changes we need to make will be agreed together.

What Kind of Services Can I Access?

Orchard House is designed to act as a "stepping stone" to other mainstream services and activities. These include:

- Access to education and training.
- Access to work.
- Access to sports, exercise and leisure.
- Access to community facilities.

However, we recognise that sometimes people need to develop their skills and increase their self-confidence before accessing these services. Therefore, at **Orchard House** you will be able to use a range of services and facilities located within the project so that you feel confident to move on to other things.

What Services are Located at or Linked to Orchard House?

- **Administration and Reception Duties:** This includes carrying out clerical work (processing referrals, booking appointments for clients, the public and for the use of the function suite) and general customer service. There is an I.T. area for clients who wish to improve on their computer skills or to access information about other services and facilities.
- **The Job Club:** This service includes work preparation, job search, completing application forms, and accessing the full range of employment opportunities including voluntary work.

- **Horticulture:** Based on a nearby allotment, people can develop gardening and horticulture skills and learn about healthy eating.
- **Sports and Fitness:** This helps people to access mainstream sports and fitness services (sometimes working with the Exercise Referral Scheme) including gyms, swimming facilities and specialist activities such as sailing. We also run a project with three time world champion boxer, Duke Mackenzie, using boxing training techniques to improve physical health and mental well-being.
- **Furniture and Textile Service:** People can work on the van, develop administrative and planning skills and learn skills around textiles.
- **Enterprise House:** This is our retail shop. It is a setting where clients can learn customer service and hospitality skills by interacting and working with the public. Other duties include, using the cash register; handling money, stock control and working on our delivery and collection service.

When you become a member of **Orchard House**, whether you are in sustainable employment or seeking employment our **Counselling Service** can offer psychological support, and our **Welfare Benefits Service** can offer financial advice. If you want somewhere to go that is welcoming, safe and where you will be understood, then come to the **Fairfield Club**, not only do we provide a hearty meal but staff are also on site to offer their support.

HOW TO CONTACT US

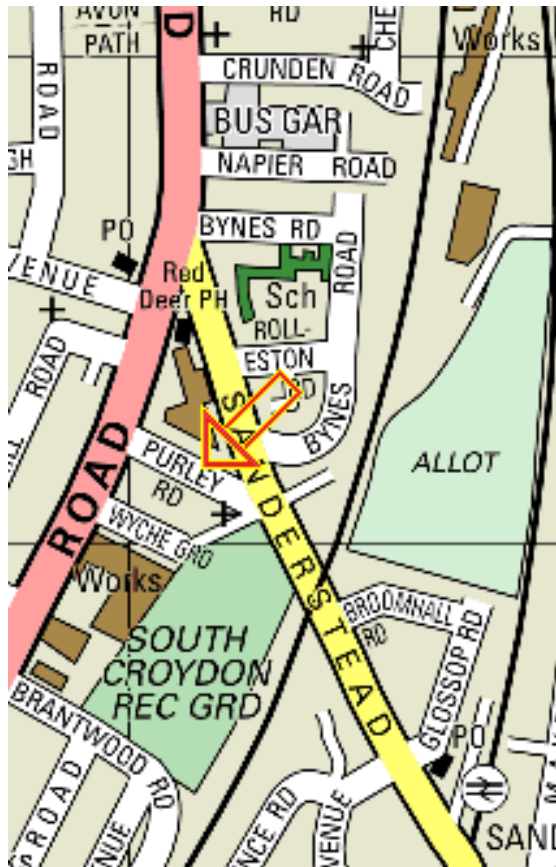
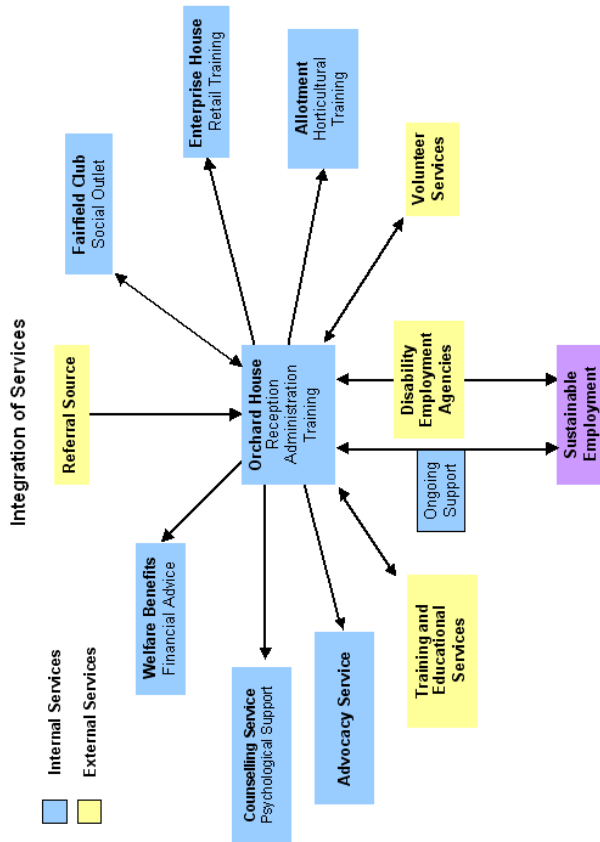
Orchard House is in South Croydon, close to Croydon town centre.

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For better
mental health



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Employment & Social
Inclusion Services

Orchard House



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