

Preparing for Adulthood Transition Roadshow

Good Health Organisations who have attended Roadshows from 2017 - 2019

| Good Health | | | |
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| Name | Service Info | Websites | Contact Details |
| Sports for all and Live Well Hub | Aims to increase participation in sport among disabled people and to encourage every disabled person to be active every day | www.activeandinclusiveswindon.co.uk | Live Well Swindon hub 01793 465513 livewell@swindon.gov.uk |
| | Promotion of all live well services including healthy eating | https://www.swindon.gov.uk/info/20139/live_well_swindon_hub | Ben Humphrey - BHumphrey@swindon.gov.uk 01793 465404 |
| Warm and Safe | Helps residents live in warmer, safer and healthier homes | https://www.warmandsafewiltshire.org.uk/ | Lewis Bird - LBird@swindon.gov.uk Peter Kent 07824 868437 pkent@swindon.gov.uk |
| | | | Freephone 0800 038 5722 warmandsafe@cse.org.uk |
| Great Western Hospital | Ready, steady, go is a transition planning tool designed to help parents and carers feel confident about their knowledge and skills during the period of transition | http://www.gwh.nhs.uk/ http://www.gwh.nhs.uk/wards-and-services/a-to-z/transition-to-adult-care/ | GWH, Marlborough Road Swindon SN3 6BB 01793 604020 |

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| <p>Swindon & Gloucestershire MIND</p> | <p>Day Service - Provides advice, support and services to empower anyone experiencing a mental health problem in Swindon. We campaign to improve services, raise awareness, and promote understanding.</p> <p>The Junction Evening Service - for people at risk or recovering from a mental health crisis. We offer practical support alongside skilled therapeutic interventions for up to 14 evenings.</p> <p>COVID update: Mind are offering a variety of telephone support from our wellbeing teams across our services. F2F support is being offered via the counselling service and Junction</p> | <p>https://www.sgmind.org.uk/</p> | <p>Swindon and Gloucestershire Mind Sanford House Sanford Street SN1 1HE 01793 432031</p> |
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| | for people who are high-risk | | |
| AWP Recovery Team | Provides specific periods of interventions to service users requiring short or long term support to assist their recovery | http://www.awp.nhs.uk/services/community/recovery-service/ | Chatsworth House - 01793 715000 |
| AWP Early Intervention for Psychosis Team | A multidisciplinary service for 14-64 year olds experiencing their first episode psychosis and their families giving them the best chance of preventing long term problems | http://www.awp.nhs.uk/services/community/early-intervention/ | Chatsworth House - 01793 715000 |
| AWP LD & Autism Service | Services and support provided across inpatient and community settings for those with mental health problems and a co-existing learning disability | http://www.awp.nhs.uk/services/community/learning-disabilities/ | Chatsworth House - 01793 715000 |
| AWP LIFT Psychology | Offers many types of support for a variety of issues, ranging from general stress to low self-esteem and anxiety for adults aged 16 and over. | https://lift-swindon.awp.nhs.uk/ | 2nd Floor, Old Town Surgery, Curie Avenue Swindon, SN1 4GB 01793 836836 lift.psychology@nhs.net |

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| <p>IPSUM</p> | <p>Aims to help address issues such as mental, psychological and emotional health: loneliness and isolation: increase self-esteem, encourage an active lifestyle: and to help promote positive change</p> | <p>https://www.ipsum.care/</p> | <p>13 Milton Road Swindon Wiltshire SN1 5JE 01793 695405</p> |
| <p>CCG Annual Health Checks</p> | <p>Annual health checks are for adults and young people aged 14 or over with a learning disability</p> | <p>https://www.nhs.uk/conditions/learning-disabilities/annual-health-checks/</p> <p>https://www.mencap.org.uk/advice-and-support/health/dont-miss-out/dont-miss-out-annual-health-checks</p> <p>Annual health check video - https://www.youtube.com/watch?v=C8R_bJdLSQ</p> | |
| <p>Scrapstore fitness sessions for all</p> | <p>Every Monday and Friday 10 – 11am at Scrappers Gym</p> | <p>http://scrappersgym.com/</p> | <p>Located at the rear of the 24HR Gym, Langley Road, Hillmead, Swindon, SN5 5WB Contact Paul Rogers 07505370383</p> |
| <p>GLL BETTER leisure facilities</p> | <p>GLL is a not for profit charitable social enterprise committed to delivering a better quality of fitness and leisure, libraries and performing arts facilities for everyone</p> | <p>https://www.better.org.uk/centre-locator#results</p> | |