

For more information, please contact **START**:
Support, Transition and Recovery Team

Juniper Lodge/The Conifers
Poundbury West Industrial Estate
Dorchester
DT1 2PG

Telephone: 01305 367051 Ext 258/230

Fax: 01305 367057

The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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START

Support, Transition and Recovery Team

NHS

**Dorset HealthCare
University**

NHS Foundation Trust

Dorchester and Bridport

We can:

- Help you to be more active.
- Support you to access community activities, have fun and make friends.
- Support you to find voluntary and paid work.
- Support you to access further education and training.
- Help you work towards personal goals and aspirations.



Dorset HealthCare University NHS Foundation Trust

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🌐 www.dorsethealthcare.nhs.uk

Information for patients, relatives and carers

**Excellence
Compassion
Expertise**

START is a brand new service working alongside community mental health teams, offering person centred, focussed and time-limited interventions that are embedded within our top 10 principles of recovery:

1. Recovery and social inclusion
2. Strengths and personal aspirations for recovery
3. Accessing the local community
4. Promoting the value of daily structure
5. Validation of personal experiences
6. Exploring and learning about mental health
7. Promoting the value of paid work
8. Promoting the value of social networks
9. Linking with local communities
10. Working **with** not doing **for**



Are you...

- A user of the Dorchester or Bridport Community Mental Health Services (or CMHT)?
- Registered with a Care Coordinator (or CCO)?
- Ready to find a new challenge?
- Wanting to meet people and make friends?
- Ready to move forward with your recovery in a new direction?
- Interested in just having a chat to see how **START** can support you?

If your answer is YES...

Then fill in your details below, tear off this slip, hand it in to reception and a member of **START** will be in touch.

Name:

D.O.B:

Contact number:

Care Coordinator details:

How can **START** support you?

