



## Pathfinder West Sussex

Pathfinder West Sussex is an alliance of organisations working together to enable people with mental health support needs, and their carers, to improve their mental health and well-being. Organisations within Pathfinder provide a pathway of mental health recovery support so people can move freely between services and get well, and stay well. As well as supporting people with their mental health, the services help them to improve their physical health and well-being. The services value the expertise of people with lived experience of mental health challenges and actively involve them to design, deliver and monitor services.

Pathfinder is working towards the development of **12 local mental health support hubs** which will be the main vehicle for the delivery of Pathfinder services. Each hub will be led by a Pathfinder provider but will be a partnership of a wide range of providers who will be working together to deliver an effective local mental health provision. Although each hub will be organised locally there will be a consistent model which includes a single **phone number/email address** for accessing all hub services and an **advice, information and sign-posting service**. **Support** will also be available and offered and includes:

- A discussion with a member of staff to talk through needs, identify goals and develop a support plan.
- Access to a regular (at least one day per week) group offer. Providing opportunity for individuals to get facilitated peer support and learning and personal development around developing knowledge, skills and abilities around managing their mental health and recovery. Also to get ongoing advice, information and signposting (service navigation) from a member of staff.
- A clearly published time-table of group activities/offer regularly updated and easily accessible (on website, etc).
- 1:1 support from a staff member to review goals and support plans as well as providing short term problem solving support if required and where resources allow.
- Access to support from a peer mentor to support the achievement of personal goals.

The table overleaf outlines the Hubs which are being developed and what is currently available.



HUB AREA	LEAD PROVIDER	Current position
Adur	Cornerhouse	<b>In development but well developed</b> <b>Information available at:</b> <a href="http://www.corner-house.org.uk">http://www.corner-house.org.uk</a> <b>Can be contacted:</b> 01273 871575/9 or <a href="mailto:enquiries@corner-house.org.uk">enquiries@corner-house.org.uk</a>
Worthing	CWSX Mind	<b>In development but well developed</b> <b>Information available at:</b> <a href="http://www.coastalwestsussexmind.org/mental-health-support/worthing-support-hub">http://www.coastalwestsussexmind.org/mental-health-support/worthing-support-hub</a> <b>Can be contacted:</b> 01903 268107 or <a href="mailto:worthinghub@coastalwestsussexmind.org">worthinghub@coastalwestsussexmind.org</a>
Littlehampton	CWSX Mind	<b>In development but well developed</b> <b>Information available at:</b> <a href="http://www.coastalwestsussexmind.org/mental-health-support/littlehampton-support-hub">http://www.coastalwestsussexmind.org/mental-health-support/littlehampton-support-hub</a> <b>Can be contacted:</b> 01903 721893 or <a href="mailto:littlehamptonhub@coastalwestsussexmind.org">littlehamptonhub@coastalwestsussexmind.org</a>
Bognor	United Response and CAPITAL	<b>In development</b>
Chichester	Richmond Fellowship	<b>In development</b>
Midhurst	CWSX Mind	<b>In development but well developed</b> <b>Information available at:</b> <a href="http://www.coastalwestsussexmind.org/mental-health-support/midhurst-support-hub">http://www.coastalwestsussexmind.org/mental-health-support/midhurst-support-hub</a> <b>Can be contacted:</b> 07474871899 or <a href="mailto:midhursthub@coastalwestsussexmind.org">midhursthub@coastalwestsussexmind.org</a>
Chanctonbury	CWSX Mind and SPFT	<b>In development</b>
Horsham	Richmond Fellowship	<b>In development</b>
Crawley	Sussex Oakleaf	<b>In development but well developed</b> <b>Information available at:</b> <a href="http://www.sussexoakleaf.org.uk/community-wellbeing-west-sussex">http://www.sussexoakleaf.org.uk/community-wellbeing-west-sussex</a> <b>Can be contacted:</b> 01293 534782 or <a href="mailto:accesscrawley@sussexoakleaf.org.uk">accesscrawley@sussexoakleaf.org.uk</a>
East Grinstead	Sussex Oakleaf	<b>In development</b>
Burgess Hill	Sussex Oakleaf	<b>In development</b>
Haywards Heath	Sussex Oakleaf	<b>In development but well developed</b> <b>Information available at:</b> <a href="http://www.sussexoakleaf.org.uk/community-wellbeing-west-sussex/">http://www.sussexoakleaf.org.uk/community-wellbeing-west-sussex/</a> <b>Can be contacted:</b> 01444 416391 or <a href="mailto:accessmidsex@sussexoakleaf.org.uk">accessmidsex@sussexoakleaf.org.uk</a>