

INDEPENDENCE IN THE COMMUNITY

A free service to west Auckland
people between the age of
16-65 with the experience of mental
illness.

Take the opportunity to learn how to
build on your life skills towards
independence in your community

**Contact: Client Personal
Development Facilitator**

Ph: 837-5240

Independent ENDEAVOURS supports
people to explore new and different
ways to view persistent problems.

The emphasis for all programmes is on
self-awareness and self-responsibility.

How participants have described
programmes and the things they have
learned are:

- ◆ “A group for doing and learning about community”
- ◆ “Encouraging people to Endeavour”
- ◆ “Helpful, useful and a lot of enjoyment”
- ◆ “More independence”
- ◆ “It’s interesting what new things you learn each lesson”
- ◆ “To move forward and take the first step”
- ◆ “That I did it”



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independent ENDEAVOURS Personal Development Services



- ◆ Life skills education and experience
- ◆ Links to local community
- ◆ Creative opportunities for growth
- ◆ Individual or group programmes
- ◆ Safe and supportive learning environment

independent ENDEAVOURS

Personal Development Service

We offer life skills education in two different ways, for people who would like some extra help with their persistent problems. This service is free of charge.

- ◆ Collaborative education which takes place either in a 6 to 8 session group programme (2.5 hours per session). We include guest speakers when appropriate for the topic **OR**
- ◆ On an individual basis for six sessions (1 hour per session).

The types of issues that can be addressed include:

- ◆ Stress and anxiety (including insomnia)
- ◆ Communication skills/ relationship skills/social skills
- ◆ Management of anger and other uncomfortable emotions
- ◆ Self-esteem and confidence
- ◆ Coping with change

Natural Potentialz, community programmes are hands on experiences designed to challenge and support people who are building on skills like:

- ◆ Interpersonal communication
- ◆ Self-confidence
- ◆ Working with others
- ◆ Problem-solving
- ◆ Building community networks

This is a fun practical way to gain confidence by just having a go with a very supportive group of people.



- ◆ Opportunities are also provided for people to become more active in their local community through events and projects

HOW DOES IT WORK?

- ◆ A referral from you or any community support person
- ◆ Initially we meet to see which programme would best match your needs
- ◆ Easy enrolment process
- ◆ Topics in all collaborative education sessions (individual and group) are negotiated between you and us to ensure you get maximum learning from sessions.
- ◆ You are provided with handouts for future reference
- ◆ Community programmes are tailored to the group, with elements of surprise, making them a lot more fun!
- ◆ All sessions are recovery focused and include information for growth and independence

