

# Working Together



The Good Life Service is facilitated by Cambridgeshire, Peterborough and South Lincolnshire (CPSL) Mind. It seeks to work alongside individuals, local groups or organisations and other services to enhance wellbeing and resilience by increasing community connectivity.

The Good Life works positively in partnership with Cambridge Housing Society (CHS Group), ImROC peer mentoring, Suffolk Mind and Xenzone for their Qwell online 1 to 1 support.

Funded by Cambridgeshire County Council, Peterborough City Council and Cambridgeshire and Peterborough Clinical Commissioning Group.

## Please note...

The Good Life Service launched in September 2019. Some elements will take time to grow and develop across the county. It is focused on community connectivity (group activities and peer support). Availability of ongoing face to face 1 to 1 support will be limited, particularly during the first year of service.

## About CPSL Mind

CPSL Mind is the local Mind charity for residents of Cambridgeshire, Peterborough and South Lincolnshire.

Our vision is a society in which everyone has positive mental health and feels part of a connected community.

We provide a wide range of strengths-based projects and services across the county to support those recovering from mental health challenges, promote positive mental health and resilience and tackle mental health-related stigma and discrimination.

You can find out more about the Good Life Service:

Telephone: 0300 303 4353

Email: [goodlife@cpslmind.org.uk](mailto:goodlife@cpslmind.org.uk)

Website: [www.cpslmind.org.uk](http://www.cpslmind.org.uk)

 @cpslmind

 @cpslmind



Working across Cambridgeshire  
Peterborough and South Lincolnshire



Recovery and Inclusion Service

Mental health support and  
wellbeing activities across  
Cambridgeshire and  
Peterborough



# Welcome

Registered charity number 265087

# A warm welcome



## Welcome to the Good Life Service...

We work alongside communities across Cambridgeshire and Peterborough to provide focused mental health support and wellbeing activities.

We recognise that, whoever we are, we all have strengths, talents, passions and skills - and seek to provide the space to let those flourish.

However, we also acknowledge that mental distress can happen to anyone and sometimes leaves individuals feeling that a good life is out of their reach. The Good Life Service combines empowering, strengths-based activities with easy access to more focused support as and when required.

If you would like to get involved in the Good Life Service, to gain support yourself, improve your wellbeing or to support others, please check out our Wellbeing Wheel opposite. We would love to hear from you.



Recovery and Inclusion Service

# How are you feeling?

To find out how we can work together, please place yourself on our wellbeing wheel below. If more than one category applies to you, no problem! You can get involved in a variety of ways if you would like to.

- Peer Support training
- 'Stay well' activities
- Volunteering

"I want to use my experience of mental health problems to help someone else"

"I'd like to run a wellbeing activity"

"I want to raise awareness"

- Volunteering and campaign opportunities
- 'Stay well' activities (including Good Mood cafes)

"Sometimes I feel really desperate and hopeless"

"I feel stressed and unhappy a lot of the time"

"I have been ill for a long time and feel isolated"

"I find it hard to cope when things go wrong"

- Peer support
- Skills sharing
- Safety planning
- Face to face support
- 1 to 1 online support
- Open Door calm space
- Wellbeing booster activities
- Good Mood cafes

- Peer support
- Skills sharing
- Safety planning
- Good Mood cafes
- 1 to 1 online support
- Wellbeing booster activities
- Open Door calm space

©CPSL Mind

# The Wellbeing Wheel

For more information about the activities currently available in your area, please phone 0300 303 4363. Email us at [goodlife@cpslmind.org.uk](mailto:goodlife@cpslmind.org.uk) or see our website at [www.cpslmind.org.uk](http://www.cpslmind.org.uk)

The Good Life Service is available to adults 18-plus living in Cambridgeshire and Peterborough.