

Nova Project aims

- **Social inclusion** | To enable and empower people experiencing mental health problems to lead a fulfilling and meaningful life within their community
- **Personal planning** | To support people in identifying and exploring their options through individual and mutually agreed personal planning
- **Recovery** | To deliver person-centred and recovery focused support
- **Trained staff** | To provide fully trained Recovery Workers
- **Excellent service** | To provide a flexible, cost effective & responsive service
- **Empowerment** | To enable and empower you to remain in control of your life

Find Penumbra online

 penumbra.org.uk

 facebook.com/penumbraScotland

 twitter.com/penumbra_scot

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About Penumbra

Penumbra is a leading Scottish voluntary organisation working in the field of mental health.

Founded in 1985, we provided the first registered mental health supported accommodation service in Scotland.

We now provide an extensive range of person-centred support services for adults and young people, supporting around 1000 people each week.

We campaign, often alongside other organisations like See Me and the Scottish Recovery Network, to raise awareness of mental health issues and to reduce the social stigma attached to them. We also offer training and consultancy on a range of issues related to health and wellbeing.

Penumbra

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Penumbra is a charity (SC 010387) and a company limited by guarantee (SC 091542) registered in Scotland



penumbra
your way to a brighter future

Western Isles Nova Project

Mental health support

nova

penumbra.org.uk

About Nova Projects

Penumbra Nova Projects support people who are experiencing mental ill health, enabling them to regain control of their life and feel more positive about the future.

We help people to access ordinary community activities in order to build up social contacts and promote recovery and independence.

We work with people to develop self-support strategies, we facilitate POWWOWs (Penumbra Workshops on Wellbeing) which offer tips and practical steps for improving wellbeing, and we run other groups within the service. We value lived experience and employ Peer Workers to share their stories of recovery and provide support to people.

What is recovery?

One in four of us will have mental health problems at some point in our lives. Penumbra believes, and evidence shows, that people can and do recover from mental ill health.

Recovery is all about working out ways of coping, self-help, taking responsibility and having hope for the future. Recovery does not necessarily mean living without medication or support, or being symptom free - it does mean living a satisfying and meaningful life as defined by you, with or without problems or symptoms.

Recovery is a personal journey and each person's journey is unique. No-one else can do this for you, but we can support you on this journey.

The support we provide

Through person centred planning we can help you to identify what's important to you and what you would like to achieve. We can explore your options and help you participate in a variety of activities.

The support we provide is flexible, enabling you to move forward and work toward personal goals and positive self-management. Support times will be negotiated with you and will be arranged to help you achieve your goals.



Find out more about our services at penumbra.org.uk

Our model for support is based on **HOPE**:

home | The skills we need to look after ourselves, our mental health, a safe and secure place to live

opportunity | Our physical health, to pursue meaningful activities, leisure, recreation, education and work possibilities

people | As friends, confidantes and supporters, and valuing ourselves

empowerment | Fully involved in decisions affecting our lives, self management and having hope for the future

Who can apply for support?

If you are currently receiving support from your GP, the local community mental health team, social work department or a voluntary organisation then you are eligible to make an application for support from the Western Isles Nova Project.

Information and application forms are available at penumbra.org/WesternIsles or by contacting the address overleaf.

Please note that the service will prioritise according to need and capacity.