

About us

We work in partnership with Hampshire County Council, Surrey and Borders Partnership NHS Foundation Trust, Citizens Advice, Sanctuary Supported Living and various community providers.

We provide:

- a team of dedicated staff
- ongoing support for community activities
- an opportunity to meet others and share experiences
- an environment with a focus on wellbeing and recovery.

About mcch

We are a charity with over 28 years' experience supporting people to feel valued for who they are and live the life they choose.

We are a registered charity, operating across the South East, and our registered number is 1156486.





www.facebook.com/mcchcharity



<https://twitter.com/mcchcharity>

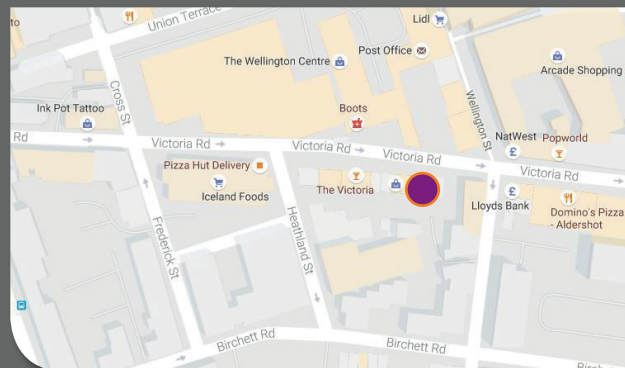
Contact us

mcch
The Wellbeing Centre
121-123 Victoria Road
Aldershot
Hampshire
GU11 1JN

 01252 338810
 contactus@mcch.org.uk

Café opening times

- Monday 12.30pm - 2pm
- Tuesday to Friday 9.30am - 2pm
- Saturday 10am - 12pm



We are ideally situated close to shops and local public transport routes.



www.mcch.org.uk/aldershot



Registered charity number: 1156486



mental health | wellbeing | recovery

When the going gets tough,



*the tough sometimes
need a bit of help*

The Wellbeing Centre Hart and Rushmoor

Supporting people with mental health needs to develop skills to move forward and cope with life's challenges.



Hampshire
County Council

www.hants.gov.uk

How we can help you

Our staff can support you with your wellbeing, as well as providing information and encouragement to manage everyday living skills and access to activities within the community.

The Wellbeing Centre is a welcoming environment with a lounge area and café.

We can support you to:

- ✓ take control of your life
- ✓ achieve a sense of belonging by meeting others who have similar experiences to your own
- ✓ manage your health and wellbeing in a positive way
- ✓ have a say in developing a service which truly meets your needs.

I'm afraid that we do not offer:

- ✗ one-to-one counselling
- ✗ support in the home
- ✗ community support
- ✗ crisis support



Services provided

Community engagement

- Groups provided in the community.
- Support to access mainstream community groups.
- Feel valued within the local community.

Employment

- Goal setting and job-related workshops.
- Support to find work (paid or voluntary) and support to retain work.

Support groups and workshops:

Depression and anxiety support groups.

Healthy lifestyles programme:

Healthy eating, social activities, sports, make-up, hygiene, volunteering, work.

Peer-led groups:

Discuss with people with the same diagnosis and share experiences.

Artistic groups:

Art and craft, drama, creative writing, singing, Tai Chi, guided meditation.

Therapeutic groups:

Mindfulness, stress and anxiety management, self-esteem building.

We also run structured one-to-one sessions offering practical support about housing, debt management, and more.

Is this right for you?

This service may be suitable for you if you are experiencing difficulties with your mental health wellbeing and would like support in your recovery.



How to access this service:

- Community Mental Health Teams
- GP surgeries
- Self-referral

