

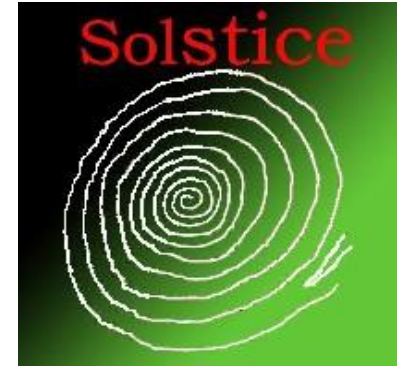


What we can offer you as a participant:

- ◇ A Personal Plan to support individual needs
- ◇ Regular reviews setting achievable goals
- ◇ An opportunity to work and learn in a supportive non-threatening environment
- ◇ People who understand and will assist you to achieve your potential
- ◇ Skills and experience to take with you
- ◇ Assistance in developing confidence to take full advantage of all opportunities in life
- ◇ Encouragement to have a healthy lifestyle



“Because I was part of Solstice at the beginning I have so many memories of hard, but mainly good and life changing moments. I grew because of the experience of the staff that helped me head out to a career of a wide diversity. Things have worked out beyond my wildest dreams. So once again thank you all.” (former participant)



GROWING PEOPLE AND PLANTS



**Training and Work Experience
at Solstice Nurseries**

**A Mental Health Service for
Aberdeen City and Shire**

**Information for referrers,
carers, and participants**

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SOLSTICE NURSERIES

We provide training, qualifications and work experience to people with mental health issues to improve health and well being, and to assist them to move forward towards employment or work related activity. Placements can be short or long term as appropriate.

Solstice has a commercial horticultural nursery and garden maintenance team which provides specific and general training, paying particular attention to confidence building, social skills and key employment skills required for any type of work: communication skills, time keeping, team working. We offer workshops in Manual Handling, Emergency First Aid and Health and Safety at Work.

Who can apply?

Referrals are welcome from people resident in Aberdeen City or Aberdeenshire who meet the Councils' criteria.

People living in **Aberdeenshire** can ask their social worker to refer them, or their local Community Mental Health Team.

People living in **Aberdeen City** can ask their CPN, Social Worker, G.P., Jobcentreplus Advisor, or Support Worker from any relevant organisation. Self-referrals are accepted if a professional is willing to provide the accompanying reference.

A SOCIAL FIRM

What happens next?

Telephone us to arrange a visit to our beautiful site situated in Banchory-Devenick. We can assist with transport .. A referral can be made for acceptance by the council at this point, or following the introductory visit.

There is a pick-up and drop off point near Asda, Bridge of Dee for those who do not have transport.

Start dates are usually soon after acceptance. Most people are encouraged initially to attend 2 days a week. Solstice has a 13 week trial period with regular reviews to ensure the placement is successful.



Participants start their day at 9.30am and finish around 4.30 with the usual work breaks. Tea and coffee is provided, but a packed lunch is needed. We have good kitchen facilities with a microwave and fridge.

GROWING PEOPLE AND PLANTS



People who may benefit from a placement are those who:

- ◇ have or have had a mental health diagnosis
- ◇ are compliant with any ongoing treatment/medication
- ◇ have access to other supports in the community
- ◇ are physically and mentally fit for work experience
- ◇ would like to undertake meaningful activity in a real workplace while building confidence
- ◇ want to learn and will take full advantage of the work and training we provide
- ◇ are keen to gain or regain skills for employment or similar activity