



Stonham
**home
group**

How to contact the service

Birmingham mental health
carer support service
Stonham
Unit 3, Holt Court North,
Heneage Street West,
Birmingham Science Park,
Birmingham,
B7 4AX

Stonham Head Office:
2 Gosforth Park Way, Gosforth Business Park,
Newcastle upon Tyne NE12 8ET
T: 0845 155 1234
www.homegroup.ork.uk

Please Call our gateway line from
8am until 8pm Monday to Friday
Gateway Line Tel: 0121 380 4949
Stonham office Tel: 0121 380 4900



Stonham is a division of Home Group Limited, registered with the
Social Landlord (Housing & Communities Agency, the Regulator of Social Housing (Register No. L3076) an
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Benefit Societies Act 2014 (Register No. 22981R).



INVESTOR IN PEOPLE

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Birmingham mental health carer support service

Our mental health carer support service offers information and
advice to carers of people with mental health needs in
Birmingham.

Support Includes

- Information and signposting
- One to one support with personalised support plans
- A large variety of facilitated peer support groups throughout Birmingham.

We have a skilled team waiting to help.

For further information or to make a referral please contact
0121 380 4949.

The support on offer

The service offers information and advice to carers of people with mental health needs which may include support to access respite, housing and finance. Carers can be of any age including young carers (those aged 4-17 years old). The individual support plans are tailored to the needs of the carer. The cared for individual is required to be registered with a Birmingham GP. There are three core service elements which carers can access.

- Universal information - provision of high quality information for carers including signposting to other agencies.
- One to one support - based on an individual support plans and working towards positive outcomes for carers of people with mental health needs. Carers can access support for up to twelve sessions. Support workers will also encourage continuing engagement with relevant peer support groups to ensure ongoing success.
- Peer support - enabling carers to develop self sustaining peer groups within the community. Groups will work together to influence policy and services and provide a social and supportive network of carers.

How the service works

Referrals can be made by any agency or individual identifying a mental health carer who requires information or support. Individuals can also make referrals. Referring agencies may include GP's and primary care staff, mental health services, community and voluntary organisations, schools and other services for young people.

About Stonham

Stonham's continued success is in providing specialist services customised to local needs. With around 500 services around the country, Stonham is England's largest specialist provider of housing and support. We help over 30,000 people every year some of whom are the most socially excluded people in society.

Some clients live in Stonham services whilst others live in their own homes with our support. Our services are designed with local people in mind providing high standards of specialist support for specific client groups.

We work with:

- young people leaving care, single homeless people and refugees
- people with mental health problems
- people with learning disabilities or physical disabilities
- people who have been in prison
- men, women and their children who are escaping domestic violence
- people with drug and/or alcohol dependency problems.

When using Stonham, clients receive:

- respect and confidentiality
- good liaison between Stonham staff and others involved in their care and support
- regular visits and reviews from allocated workers
- consultation about the service they receive and the right to challenge, complain and praise
- the right to change their mind.