



For better  
mental health

Sheffield Mind Ltd

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## Sheffield Mind

# Values, Purpose and Objectives

Values: **Informed, Diverse, Client Centred, Supportive, In Partnership.**

Informed:

We work towards continuous improvement in the quality of all our services, ensuring that we are informed about developments within the field and listening to service users.

Diverse:

We are aware of providing services in a diverse and changing city, and by understanding our clients and potential clients, provide a flexible, robust and diverse service

Client Centred:

The client's need is the core of what we offer. We offer an individually tailored package of care for each client and signpost clients to other services if we are unable to help ourselves.

Supportive:

All of our services are targeted on the client's recovery, being defined by the client, and worked through in direct relation to the client's expressed needs.

In Partnership:

We see networking as an intrinsic part of providing our services, and in influencing the provision of other services to meet mental health needs in Sheffield and beyond.



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## **Counselling Service**

### Values:

#### Informed:

We know that our clients deserve the best we can give them. We offer good supervision and support to our counsellors in order to offer a high quality service for our clients. We listen to what our clients say about their experience of Sheffield Mind and use this to continually improve our service.

#### Diverse:

We endorse individual choice, and work to offer a variety of counselling approaches, actively seeking to provide an ethnic, gender and sexually diverse counselling group.

#### Client Centred

The client's needs are paramount. The client is at the centre of the counselling process, and our counselling is at the service of the client and the relationship.

#### Supportive

Counselling is an intrinsically supportive process. We are working towards recovery, whatever that means for the client, and the counselling relationship is there to support that recovery.

#### In Partnership

In order to work at our best with our clients, we intend to stay abreast of counselling developments

### Purpose:

The Sheffield Mind counselling service is there to offer clients with mental health difficulties a safe venue in which to explore their difficulties and feelings, and to offer a place where re-evaluation and change may be addressed. The counselling is designed to fill a gap in service provision of medium term counselling, at low or no cost, in the city.

### Objective:

We aim to offer a high quality, efficient, professional counselling service, to our funders and our clients. While external events can impact on our freedom to offer our services, both in terms of cost and timescale, we will continue to work within these constraints as effectively, and as rigorously, as possible.



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## **Group work service**

### Values:

#### Informed

Group facilitators and supervisors take responsibility for providing a consistently high standard of group work, taking into account the express membership of each group and the purpose of the group concerned.

#### Diverse

All members of all groups are encouraged to bring their independent and differing world views and the variety of different inputs enhance to vibrancy and effectiveness of the group communication

#### Client Centred

All our groups are fundamentally at the service of the members of the groups and are there to encourage the members of the group to speak, listen and change

#### Supportive

Facilitators work to encourage safety and flexibility of thinking and discussion in the groups, allowing members to engage with each other and with their own processes in a safe and protected environment

#### In Partnership

We seek to offer groups in collaboration with other service providers, offering Mind's insight into mental health alongside the training and interests of others



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## **Individual Groups:**

### **Monday Group:**

#### Purpose:

The Monday group's purpose can be defined by the name the members use; the Problem Sharing group.

#### Objectives:

The Monday group is a facilitated group dedicated to sharing and exploring mental health difficulties and to exploring alternatives to recovery. It offers a safe, mixed environment for self reflection and exploration in group.

### **Wednesday Group:**

#### Purpose:

The Wednesday group is a support group for older people with enduring mental health difficulties.

#### Objective:

The group aims to offer a caring and therapeutic social environment for this neglected section of the community, who can easily become isolated

### **Parenting groups: (Co-provided with Parent Lifeline)**

#### Purpose:

To help parents of children to function better as parents, enjoy their families more and become more assertive

#### Objective:

To run facilitated groups to educate and support parents in developing positive parenting skills to enable them to be more effective parents promoting the wellbeing of themselves, their family and their children.



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## **Anger Management groups: (Co-provided with Sheffield PCT)**

### Purpose:

To work with men are at risk of causing damage to themselves or other through anger.

### Objective:

By use of a co-facilitated group, to offer men, aged 18 to 60, having problems with anger, a structured approach to handling their anger more effectively.

## **Health and Wellbeing Project:**

### Purpose:

To engage in the community, encouraging people to use physical activity, healthy eating and relaxation to help combat mental ill health, and to fight stigma around mental health issues.

### Objective:

To make an impact in the community, around the general perception of mental health, and around the use of healthy living to combat mental ill health and promote wellbeing.