



# HILLSIDE CLUBHOUSE



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## WHO WE ARE?

Hillside is a co-produced mental health charity and community supporting and encouraging each other in our journey of recovery. The focus is on improving people's wellbeing through our program of activities, employment and employability support. We offer 1-2-1 support into training and employment, as well as a structured timetable of daily activities that promote enjoyment, self-expression, self-development, and self-respect. Friendships are formed, and slowly we get back what mental ill-health has stripped away.

## WHAT WE DO?

Co-production is at the core of everything we do. We work with people across Camden and Islington to design and run a varied programme of activities, while providing support to rebuild confidence, re-engage with your community and rediscover a sense of purpose through workshops, training, volunteering and paid employment.

## HOW TO REFER?

To refer yourself or someone else, you can either go to our website and complete the self-referral form, send us an email or pick up the phone. We will help you identify which of our services is right for you.



## IPS - INDIVIDUAL PLACEMENT & SUPPORT

We work within community mental health services to deliver employment services for local residents with a diagnosed mental health condition. Participants receive dedicated one-to-one support, information and guidance to reach mainstream paid employment.



## MHWI - MENTAL HEALTH WORKING ISLINGTON

This service offers specialist support for residents of Islington with mental health conditions. We work with residents to help them access the education, training, employment, volunteering or work experience placements they want.



## CLUBHOUSE & RECOVERY

At Clubhouse, we run a unique scheduled workday programme, where each day we have specific activities and tasks. Activities within the programme are developed in partnership with members and are based on members' support plan and short and long-term goals. We also work in partnership with other specialist organisations who can offer practical help and support around housing, social opportunities, debt and accessing services.