

MEMBER STATEMENT

“First coming along to Flourish House was quite nerve wracking. I didn’t know much about the place.

I became a member of Flourish House in April 2004. For the past three years I have been studying at the College of Commerce and enrolled in the Computer Driving Licence Course, P.C. Passport 1 and II in Computing and a taster course covering reception. Because of these courses and working on a Transitional Employment Placement with Armitage Associates my confidence has improved a great deal. I was also employed for 9 weeks as an Admin Assistant full time. Although the work was demanding I learned what it was like to be in a work situation and what is expected from you. When I left Flourish House supported me and gave me the initiative to carry on and look for something else.

I am presently training to be a Classroom Assistant and I attend college on a Thursday and Friday. With the help and encouragement I receive from Flourish House this will enable me to complete the course. It has taken me a long time to get there but now I feel really settled and happy with myself.”

What to do next?

Call reception on 0141 333 0099 and ask for a tour. We do tours:

- Tuesdays 11.30 am or 2 pm
- Thursdays 11.30 am or 2 pm

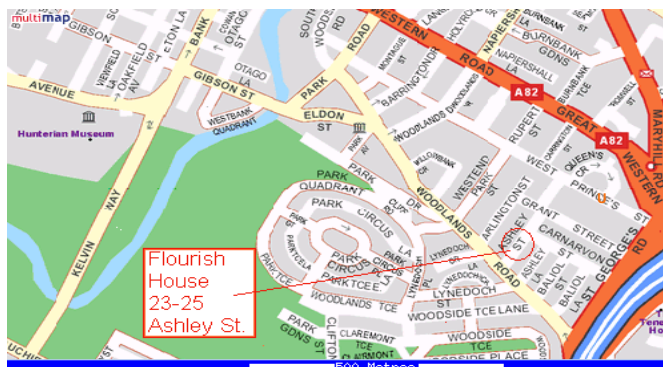
This will let you find out a bit more about Flourish House and decide if you would like to join.

Bus Services:

To Woodlands Road No 44
To St. George’s Cross No 40 & 61
To Great Western Road No 66 & 20

Nearest Subway Station:

St Georges Cross



23-25 Ashley Street,
Glasgow
G3 6DR

Phone: 0141 333 0099

Fax: 0141 333 1188

Email: info@flourishhouse.org.uk

Web: flourishhouse.org.uk

Flourish House is a Company Limited by Guarantee registered in Scotland No: 216172

Flourish House is recognised as a charity in Scotland No: SCO31160



FLOURISH HOUSE



Have you experienced mental health problems?

Enjoy a structured day

Chance to meet and get to know new people

Learn new skills

Access training and employment opportunities

Funded by:



Flourish House supports people with mental health problems, who are looking for a place to be accepted as themselves without medical labels. Staff and members work in equal partnership to ensure the smooth running of the clubhouse.

Who can become a member?

People with:

- Primary condition of mental ill health
- Aged 18 +

.....
: **The Four Rights of Membership** :
:

: **A right to a place to come** :

: **A right to meaningful relationships** :

: **A right to meaningful work** :

: **A right to a place to return** :
.....

“I enjoyed getting involved in the house. I feel much more confident and positive. The friendliness of people and people being supportive really helped.”
Liz

Commonly asked questions:

Will coming to Flourish affect my benefits?

No, coming to Flourish House will not affect your benefits.

Will I be pushed into getting back to work?

We provide lots of support if you feel you are ready to return to employment but there is no obligation. Many members simply enjoy getting involved in the work of the house.

Do I have to come every day?

Attendance at Flourish House is completely voluntary. It is entirely up to you when you come to Flourish House and how often you attend. There are no contracts or agreements.

“I have gained confidence and self esteem and better management of my condition. The most important thing however is that I had an organised reliable form of support which helped to stabilise my condition.” Nick

What can I get involved in?

- Reception and mail
- Working in our own cafe
- Newsletters
- General Admin duties
- Make Posters and Cards
- General Building Maintenance
- Cooking and food preparation
- PC work - cards, typing, spreadsheets, posters etc
- Create edit and produce monthly magazines

Don't worry if you don't know how to do any of these tasks, you will always get help from staff or members for as long as you need!

We also offer:

- A Social Programme
- Transitional Work Placements
- Computing, study skills courses and literacy & numeracy classes

We give presentations to staff teams and groups of potential members about the service we provide, if you are interested in this please contact Hilary Mills or David Sinclair at the address or phone number overleaf.