



Bracknell Forest Community Network

The Bracknell Forest Community Network (BFCN) was formed in 2017 and sits across both Bracknell Forest Community Mental Health Teams (Adults and Older Adults) providing local secondary mental health step-down and day provision. The Network supports individuals and carers living with a variety of conditions including psychosis, personality disorder, post-traumatic stress disorder, eating disorders, dementia, anxiety and depression.

Based on the Lambeth Collaborative model and mental health recovery principles, the objective of the Community Network is to support individuals and their carers to remain socially included, better understand their mental health, prevent relapse, and develop their confidence, life skills and resilience so they can live as independently as possible.

The Network provides support for the people within the criteria set out as follows:

- Individuals aged 18+ living in Bracknell Forest
- People recovering from an episode of mental ill-health (primarily individuals accessing secondary mental health support)
- People “stepping down” from CMHT/CMHT(OA) support
- Individuals at risk from suffering an episode of mental ill-health (preventative)
- Support for carers to access community assets and activities

Network Recovery Facilitators provide support on a short-term basis using the techniques listed below to help individuals and their carers to access and attend appointments around benefits, housing, education, volunteering, employment, social activities, health and life after Network support.

- Relationship Building
- Graded Exposure
- Confidence Building
- Anxiety Management
- Motivational Interviewing

Once this short-term support (normally up to twelve weeks) has concluded and their recovery journey has sufficiently progressed the individual's care is transferred back to their GP.

If you would like to make a referral to the Network (self-referrals welcome) please email network@berkshire.nhs.uk or call 01344 823300.

In addition to Recovery Facilitation:

The BFCN facilitates monthly mental wellbeing sessions (for example Anxiety Management and Understanding Difficult Emotions) for supported individuals and carers currently on their recovery journey with the Network or the wider Community Mental Health Teams. These sessions help attendees to better understand (and become accustomed to living with) a variety of mental health conditions. They help provide individuals with; an understanding of the challenges they face as well as knowledge of personal coping strategies, internal and external resources, their own areas of strength to feel more in control of their condition(s) and have a greater internal capacity to work towards mental and emotional wellbeing. They are an excellent opportunity for personal growth and developing good relationships including potentially forming a new support network with other session attendees.

A key part of the Network's on-going development is to hold bi-monthly open meetings at the Bracknell Forest Open Learning Centre offering individuals, carers and supporters the opportunity to put their views across in an informal and comfortable setting. Co-production is a big part of the meetings with attendees giving their input into the development of the meetings and the Network's as a whole.

In partnership with the Bracknell Forest Dementia Advisor Service, the Network has set-up a weekly carers support group aimed at carers of Older Adults who are presenting with the early stages of Dementia. The group caters for about twenty people and provides carers with education and information as well as the chance to meet other carers (peer-to-peer support).

The BFCN works in partnership with Healthwatch Bracknell Forest to provide support for the development and on-going implementation of the Mental Health Forum in Bracknell Forest.

If you would like anymore information regarding the Network please contact:

- Email: network@berkshire.nhs.uk
- Phone: 01344 823300