



# The Bracknell Forest Community Network

Supporting you to access the community and live  
independently

# What is the Bracknell Forest Community Network?

The Bracknell Forest Community Network supports people aged 18+ experiencing stress, anxiety or low mood to develop their confidence, interests, hobbies, life skills and resilience. The Community Network has dedicated Recovery Facilitators who support individuals on their recovery journey using relationship building, graded exposure, confidence building, anxiety management and motivational techniques to access and attend appointments around benefits, housing, education, volunteering, employment, social activities, appointments and life after Network support.

## Who can the Community Network support?

Our Recovery Facilitators could help if you are experiencing any of the following:

- Recovering from an episode of mental ill-health
- Social Isolation or looking to get out in the community more
- A carer of somebody living with mental ill-health wanting to access the community
- Needing practical support and information to get back to independence



# Joe's Story



Joe has been feeling anxious and depressed since he lost his job a couple of months ago. He has been prescribed medication but would like to get back into work and regain his independence.

The Network's Recovery Facilitators helped Joe to set goals and make plans to improve his wellbeing and take steps to move forward with his life. These included:

- Supporting Joe to access a local Job Club
- Attending a local landshare to maintain Joe's practical skills
- Attending a weekly Ranger Walk at South Hill Park for exercise and to meet people



# What happens next?

**If you would benefit from some additional support to improve your health and wellbeing simply get in touch with us using the details listed below to get started.**

**Bracknell Forest Community Network**

**Tel: 01344 823300 or**

**Email: [network@berkshire.nhs.uk](mailto:network@berkshire.nhs.uk)**