

### WHAT IS IGNITE?

Ignite is an exciting new mental health recovery service which is especially for 18-25 year olds!

Ignite is part of Creative Support's Birmingham Hub and Spoke Services, and has been tailored to support 18-25 years on their personal recovery journey

### IGNITE PROVIDES...

- Opportunity for one-to-one keyworking sessions with a Support Worker for support with mental health recovery
- Sessions and practical support to develop independent living skills, encourage personal development and maintain health and wellbeing
- Sessions delivered by our partner organisations
- Therapeutic activities and projects which promote recovery
- Signposting and referral to other agencies if required
- Peer support



### WHO CAN ATTEND?

Individuals aged 18 to 25 with a mental health diagnosis, registered with a Birmingham GP who need support with their mental health recovery

### HOW CAN I GET INVOLVED?

You can ask a health professional to refer you to the group, or you can complete one of our membership forms yourself!



### WHERE WILL IGNITE MEET?

Ignite will take place twice a week:

**Saturdays** at Our Place Community Hub in Sutton Coldfield for sessions, discussions, activities, ongoing projects and one-to-one keyworking

**Wednesdays** at various community venues for social activities. Meeting places may be at local cafes, parks - it all depends on the needs and interests of the group! Make sure you check our most up to date planner to find out where the group are meeting!