



Membership Guidelines & General Information

Welcome to LINC Community. We want this to be a safe environment for our members where everyone feels valued and respected, therefore we ask that you carefully read our information and conduct guidelines thoroughly before proceeding further. We will then ask for your signature on our membership form which we take as your acceptance of our code of conduct guidelines.

LINC Community is a service for adults with mental health challenges. Its primary aim is to help people in an informal social environment by offering group peer support and the opportunity to meet new people, combat isolation and build a social network. It has been produced and will be facilitated together by people with lived experience of mental health challenges and mental health professionals.

Other group aims:

- Benefit emotional wellbeing.
- Cognitive and intellectual stimulation.
- Physical activity.
- Social inclusion.
- Encourage participation.
- Build confidence.
- Have fun.
- Learn new skills.
- Communication.
- Positive experiences.
- Help build a compassionate community.
- Raise awareness of mental health and wellbeing.

LINC Community provides:

- Regular opportunities for group peer support.
- A safe space where people can get together in a stigma and judgement free environment.
- A place where everyone is welcomed, respected, valued and supported.
- Opportunities to work collaboratively with other LINC services and external agencies
- Social media presence where LINC Community members can access information about the group and its activities.

LINC Community will ensure a safe space by:

- Adhering to LV Care Group's governance and compliance.
- Limit participant numbers at sessions to ensure appropriate

- participant/facilitator ratio
- LINC Community sessions will be facilitated by LINC staff/volunteers who will work within LV/LINC Group policy and procedures.
- Facilitators will have the right to refuse entry and/or to ask anyone displaying behaviour that contravenes group guidelines and policy to leave the premises.
- Signing in/out procedures.
- Signposting to alternative agencies/services if we feel that our group is not suitable to meet your specific needs.
- Regularly reviewing our guidelines and Code of Conduct to ensure this information remains appropriate, relevant and reflective of any LINC Community developments.

LINC Community does **NOT** provide:

- Counselling or professional therapeutic input.
- Crisis intervention or emergency care.
- Respite care.
- Special needs support.
- Carers support programme.

There is no opportunity for members to bring their children or dependants to sessions.

Who is it for:

- LINC Community is accessible for people over the age of 18 that have mental health issues as their **primary** condition.
- No formal diagnosis is necessary.
- No formal referral is necessary.

Membership:

When joining you will receive a LINC Community membership card. Please keep this safe.

Each session will cost £5 per member. After paying for 8 sessions, the 9th session is free.

Fees will need to be paid on arrival at each session with cash or can be paid in advance by bank transfer if block booking. We are currently unable to offer free or subsidised membership fees.

Costing will be subject to review.

Sessions will be held at Trinity Parish Hall each Wednesday 11.30am – 2pm.
(*subject to review*)

Please see LINC Face book for up to date info re cancellations/activities etc.

Contact.

LINC Website – Coming soon

Email – community@linc.je

Telephone - 01534 734443

Facebook – LINC