

## The Corner House

The Centre offers a range of day, evening and weekend services within the local community, seven days a week in a flexible supportive environment.

We offer an informal environment where local residents are also able to participate in some of the activities.

The Corner House is an independent voluntary organisation with charitable status and also a limited company. It is managed by Shoreham and District Mental Health Association.

We have an excellent reputation and rapport with other organisations and statutory services from which professional help and support is on hand.

## What is Mentoring?

"Mentoring is a one-to-one, non-judgemental relationship in which an individual voluntarily gives time to support and encourage another. This is typically developed at a time of transition in the mentee's life....."

(Active Community Unit, Home Office)

## Who can access the service?

Anyone between the ages of 18-65 living in the Adur and South Chanctonbury District who is experiencing functional mental illness and looking for support to manage their mental wellbeing.

## What a mentor can offer?

- Regular **1-1 support** on a weekly basis for a period of 8 weeks.
- Someone who will **listen**.
- Support which is **non-judgemental**.
- **Signposting** to appropriate services.
- Encouragement to set achievable **goals** and assistance to work towards them.
- They can help you stay **motivated**.

## Who are the Peer Mentors?

These are members, volunteers and employees of The Corner House who have at some stage in their life experienced mental distress.

They have been OCN trained in peer mentoring and are then matched with a mentee according to shared interests and experiences.

## How can I access the service?

To find out more about the peer mentoring service please contact:

Claudia Brooker — Vocational Specialist

01273 871575

[claudia.brooker@corner-house.org.uk](mailto:claudia.brooker@corner-house.org.uk)

## The Good Food Corner

### OPEN DAILY

What and how you eat can profoundly effect your mood.

Most of our meals and Snacks are designed with that in mind.

All the ingredients we use support and sustain the link between nutrition and emotional well-being.

All our food is made fresh on the premises, or is locally sourced where possible.



### Our Vision

To deliver excellent services with and for people whose lives are touched by mental illness in our community.

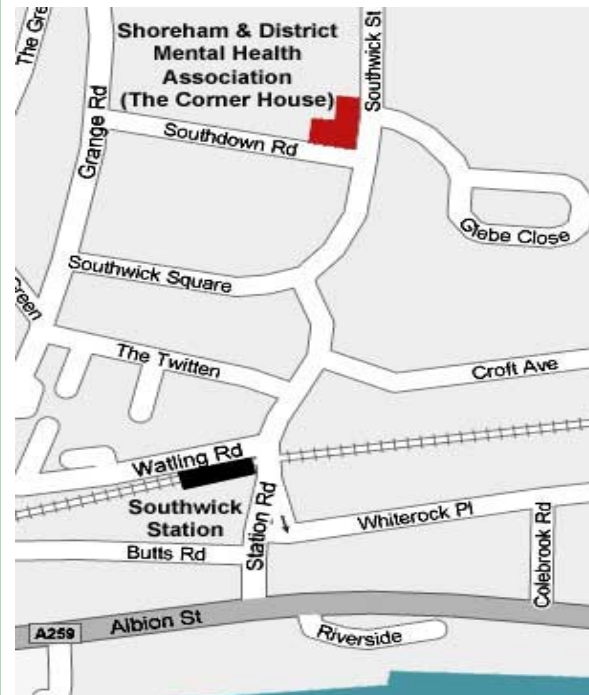
We will do this by:

Supporting those who need a safe haven.

Enabling a sense of well-being to be experienced by all.

Enabling people to optimise their potential.

## How to find us



## Peer Mentoring



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Shoreham and District Mental Health Association  
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