

### Some quotes from people who have used the Centre

“You don’t have to explain your illness.”

“The right support at the right time.”

“I feel so much better now! That’s because I have a lot of support from other service users, and staff.”

### Information Mornings

Information sessions for students and professionals working in the field of mental health, are normally held on the first Monday of each month.

*The Stafford Centre is run by **Support in Mind Scotland**, and has in place policies and procedures which protect the rights and welfare of everyone using and working in the Centre. We are committed to the principles of recovery and diversity, and work hard to overcome the stigma surrounding mental illness. We welcome and respect people as important individuals, whatever their personal circumstances.*

support  
in mind  
scotland



action for people affected by mental illness

**Support in Mind Scotland works to improve the wellbeing and quality of life of people affected by serious mental illness. This includes those who are family members, carers and supporters.**

The Centre is funded by the



### **Support in Mind Scotland**

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Support in Mind Scotland is the operating name of the National Schizophrenia Fellowship (Scotland), a company limited by guarantee, registered in Scotland SC088179. Charity Number SC 013649.

**Stafford Centre**



Support in Mind Scotland  
action for people affected by mental illness

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[www.staffordcentre.org.uk](http://www.staffordcentre.org.uk)

Opening Hours  
Monday - Friday  
9.00 a.m. - 4.00 p.m.  
Drop-in open 12:00pm  
There is limited  
Wheelchair access.

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EDINBURGH

### What is the Stafford Centre?

The Stafford Centre is a community resource for adults with mental health issues, who live in the Edinburgh area. Our service aims to support people to manage their mental health, build their self-confidence and become more Integrated within the wider Community.

The Centre is a free 'drop-in' facility where people can come to enjoy the company of others in a relaxed, inclusive and safe environment. People benefit from peer and staff support and, in enabling people to build these supportive networks, we aim to reduce feelings of isolation and foster a sense of belonging. Our priority is to promote wellbeing and recovery.

The Centre runs a vibrant café that is open from 12 noon until 4 p.m, Monday to Friday, serving a variety of fresh homemade meals and snacks at reasonable prices.

Please check out our website at  
[www.staffordcentre.org.uk](http://www.staffordcentre.org.uk)  
[www.radiostafford103.com](http://www.radiostafford103.com)

### Groups and Activities

We offer a variety of welcoming and supportive groups and activities where people are valued and respected. Group activities are free, and currently include art, music, wellbeing, and outdoor walks. We also hold a regular **Veterans café** run by veterans for veterans. Check our website for more details.

The Centre has its own **radio station** that is run by volunteer disc jockeys and broadcasts both within the Centre and on [www.radiostafford103.com](http://www.radiostafford103.com) we also have our own Facebook page, and a Twitter account.

### What else is available?

**'Outreach Service'** This is targeted at people who may be interested in the idea of our resource, but who would struggle with our usual referral process which involves coming to a short introductory meeting at the Stafford Centre.

### Welfare Rights Service

The Welfare Rights Service is aimed at advising and supporting people experiencing mental health difficulties living in Edinburgh with their benefits

### Free counselling service

This provides confidential, one-to-one support for an agreed period of time. There is often a short waiting list for this service.

### Edinburgh Carers Support Project

based at the Stafford Centre. This service supports the family, friends and partners of those affected by mental health issues. For more information, please telephone: **0131 629 1844.**

### Inclusion and involvement

Everyone using the service is encouraged to become involved both in the day-to-day operation of the Centre, and in longer-term planning. We hold regular Centre meetings where we share information, discuss issues and ensure that everyone has an opportunity to express their opinion.

### Staffing

The Stafford Centre staff team are always available to offer support, information, impartial advice and encouragement. Service users' personal details are held in the strictest confidence within the staff team.