

This support can be accessed by an individual directly, or via their carers, family members, friends or by an agency acting on their behalf.

This service is registered with the Care Inspectorate (CS2004073219) and all staff are registered with the Scottish Social Services Council.

We can also offer social support for members through the company of a **befriender**.

Our befrienders support members in getting out and about, providing opportunities to enjoy activities that they may not feel comfortable going to alone. Typical trips can include shopping together, going to the cinema, sports activities, enjoying a coffee together, going for a walk or simply having a chat together in the member's home.

The Blide offers members support for as long as they want, whenever they want. Members are warmly welcomed back after any length of time providing the security of knowing that support is available whenever it is needed.

Our **Time to Talk** Counselling service is free, confidential, open to all Orkney residents and can be arranged by phoning the Blide.

"I found it helpful to try and understand things that have happened and found a way to move forward in life". (quote from a member)

Blide Trust office opening hours

9am to 5pm Monday to Friday

(staff are available and phones will be answered during these times)

Drop-in @ the Blide

10am to 4pm Monday to Friday

12 noon to 4pm Saturday

11am to 2pm Sunday

Haven Café opening hours

10.30am to 3pm Monday to Friday (last orders 2.30pm)

12 noon - 3pm (last orders 2.30pm: Saturday Cafe)

11.30am to 2pm Sunday (last orders 1.30pm)

Time2Talk counselling service

Thursday 5.15pm to 8.15pm

Saturday 2.15pm to 5.15pm

Contact Us

Orkney Blide Trust

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Orkney Blide Trust is a Scottish Charity regd. No. SC012104
and a Company Limited by Guarantee regd. No. SC137449

ORKNEY BLIDE TRUST

Support in difficult times,
Help in everyday life



Our door is always open

"It has been good to come along. I feel I am in a better frame of mind and able to understand myself better" (quote from member)



Find us on Facebook
facebook.com/BlideTrust

Welcome to **Orkney Blide Trust** or **The Blide** as we are affectionally known throughout Orkney.

The Blide is a charity dedicated to providing support and practical help for those who are currently experiencing or who have previously experienced mental ill health.

Personalised support with a focus on recovery is at the heart of all of the services we offer at the Blide. Just as every person's physical health and well being can be good at times and not so good at others, our mental health is much the same. Our minds, our emotions and our bodies all equally benefit from care and support.

Drop In. Our door is open every day of the year. The Blide provides a warm and friendly place to meet with others as well as access support and practical help from our trained and caring staff.



"Knowing that I will now be getting support from the Blide has given me hope that I can and will recover and that I am no longer struggling alone." (quote from a member)

People **join our services as members.** Anyone who has lived experience of mental ill health and their carers are welcome to join and take part in the variety of activities and services we provide.

Right from the start we ask, all of our members what it is they want from the Blide so that we can work together to achieve this.

Therapeutic Blide Everything we provide aims to support and assist our members with their recovery.

We have a programme of creative and artistic activities throughout the year that are chosen by our members

We also offer complimentary therapies such as Mindfulness, Yoga, Tai Chi and Aromatherapy. Most of our activities are provided free of charge or for a small contribution towards the actual cost.

Our **Young People's Project** is a support service delivered alongside care experienced young people, to promote good mental health and to respond in times of distress. We offer 1:1 support as well as offering group and individual activities which are therapeutic, build resilience and connections, offer new opportunities, and develop skills for the future.



Members can choose to volunteer their time here at the Blide. This is where our **Purposeful Blide** project comes in; supporting people on their way to recovery through activities like working at reception, helping out in the café kitchen or garden, or managing some of the admin tasks within the office. These roles are undertaken in a supported manner, enabling people to work towards their own goals, and at their own pace. Friendships and confidence develop as people take this opportunity to improve upon and share existing skills and interests, learn new skills, and create opportunities for their future.

Active Blide A programme of activities runs throughout the year, encouraging members to **get out and about** in a small friendly group.

All members are welcome to take part in any of these activities which can include guided walks, island trips, exercise groups, craft and art classes. Activities are varied and the programme is designed to ensure that there is something for everyone.

Our activities programme is published in the weekly *Blide Blether* which can be emailed, accessed through our website and Facebook page.

'The Blide helps us want to get up, get ready and get out the door.' (quote from a member)

Through **Housing Support** we can provide **free, practical support to individuals in their home**, to build confidence and learn new skills. Assistance can include budgeting, shopping, establishing a daily routine, socialising and using public transport.