

**The Brock’s Vision**

"A society where every individual with a mental health condition

feels included, supported and valued".

**The Brock’s Mission**

"To provide constructive therapeutic work activities & facilitated social integration

for people with chronic mental health conditions".

**The Brock’s Outcomes we work towards;**

* People with chronic mental health conditions are less socially isolated
* People with chronic mental health conditions are better supported to regulate their mental health
* People with chronic mental health conditions have increased confidence.
* People with chronic mental health conditions remain abstinent from drugs and alcohol (new)

**Principles when working and volunteering at The Brock;**

* When People go home from The Brock, they leave with a bigger smile than they came in with
* People are meaningfully engaged; no-one feels bored or left out
* We have a ‘can do’ attitude; every idea is worth considering and when possible, we’ll give it a go
* We facilitate peer contact and peer support; we are successful when we can take a step back

**Additional Principle for Activity Volunteers;**

* Activity Volunteers decide day by day (even hour by hour) whether they are at The Brock for the benefit of their own mental health or for volunteering (i.e. helping others).

If your mental health is not up to ‘volunteering’, be honest even if this means others may be disappointed – staff is there to take over supporting service users!