

plan2 change

Helping people regain control
of their lives and move on

Plan 2 Change is a new project based in Craigmillar. We work on a one to one basis with people who are finding life hard to deal with. We believe that everyone has the potential for growth and change.

Through our unique approach we help people think about the things which make life a struggle. Together we then make a plan to make positive changes for a happier and healthier life.

The unique thing about our approach is that the workers, who are called peer support workers, have all overcome significant challenges in their own lives. The peer support workers will use this experience to help you plan for change.

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What you can expect from **us**

- We will always believe in your potential for change and growth.
- We will not judge you.
- We will respect you and treat you as an individual.
- We will help you create a plan for positive change which you will then lead.
- We will help you locate and access community resources.
- We will offer tools and ideas for maintaining change.
- We will help you to see your strengths and show how to use them.
- We will maintain confidentiality and respect diversity.

What will be expected of **you**

- You will need to be prepared to consider the good and bad points of your life and work with us to create a plan for change.
- You will offer us the same respect that we offer you.
- You will be open and honest about how well you think things are going.

More about the service

Doctors, Nurses and other professional members of the team at Craigmillar Health Centre can put you in touch with the Team. The project was developed by and managed by Penumbra, NHS Lothian and the Scottish Recovery Network and is initially funded by the Scottish Executive. These agencies are committed to the "peer support" approach.

Peer support

The peer support approach is based on the principle that having lived, and coped with, significant challenges in their own lives uniquely qualifies peer support workers to help others.

Our team have all experienced significant mental health problems and associated difficulties in their lives. They base their approach on sharing ideas and offering hope and inspiration, informed by their own life experience.

For more information about this approach visit the Scottish Recovery Network's website:

www.scottishrecovery.net

Contact details

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