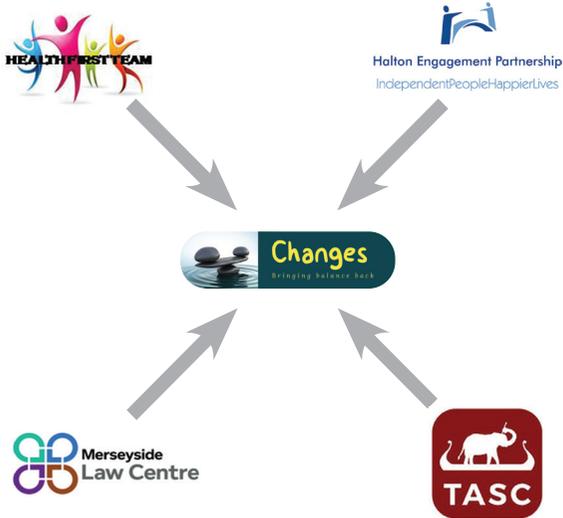


Our Strength Is Partnership

Our blended service of advice and support aims to meet the needs of people who are experiencing common crises. We work with core partners Merseyside Law Centre, Health First Team, Tailored Advice Services in the Community and the Halton Engagement Partnership to achieve our aims and support positive and lasting change.



“ I enjoyed the interaction of others on training. I wasn't expecting it to happen, but it has improved my confidence ”

Who Can Access Changes?

Changes is rooted in the community and focuses on working with people who have difficulty accessing mainstream services, particularly people for whom mental health problems or learning difficulties are often secondary factors in crisis issues.

Referrals

We work with people who are motivated to make changes to their lives; people who not only want to resolve crisis but have the desire to tackle the root cause of their underlying problems. Together we can make Changes.

“ The programme has helped educate me on health, cooking the right food and improved my well-being. ”

Contact Details



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Changes
Bringing balance back



Empowering Change, Bringing Balance Back.



“ The mindfulness element of the programme has really helped me. I feel more motivated now to learn and achieve more. ”



“ I felt socially isolated, but Changes has given me confidence and I'm feeling a lot more confident about my future now. ”

What Is Changes?

We provide stabilisation for people who experience crisis, before assisting that person to tackle the root causes of the crisis.



A Transformational Approach

Our philosophy is to use a coaching approach to crisis resolution, focusing on empowering people in crisis to change their behaviour and take control.

Using group sessions, structured programmes and individual work Changes is about coaching, motivating, and achieving results through transformational relationships.

Our clients typically experience the following issues

- Alcohol and substance abuse
- Serious dietary and weight problems
- Dysfunctional lifestyles
- Mental health issues
- Acquired brain injury and neurological conditions
- Gambling addiction
- Physical disability
- Lone parent pressures
- Loneliness and isolation

An Evolving Service

With an open mind and listening at the core of our approach we have delivered some life changing results. Together we can change lives for the better.



What do we support clients with?

- ✓ Welfare and Debt advice
- ✓ Solutions to housing problems
- ✓ Ways to improve health and wellbeing
- ✓ Self confidence and Self Esteem
- ✓ Programmes to help people to achieve their goals
- ✓ Self awareness & coaching
- ✓ Social Isolation



Our service standards

The Changes team and delivery partners value and operate with integrity and confidentiality. We promise to engage with and coach clients so they may improve their wellbeing, make positive and lasting change and lead more rewarding lives.

“ A big impact for me was the assistance with welfare benefit, the programme has taken a lot of stress away from me. ”