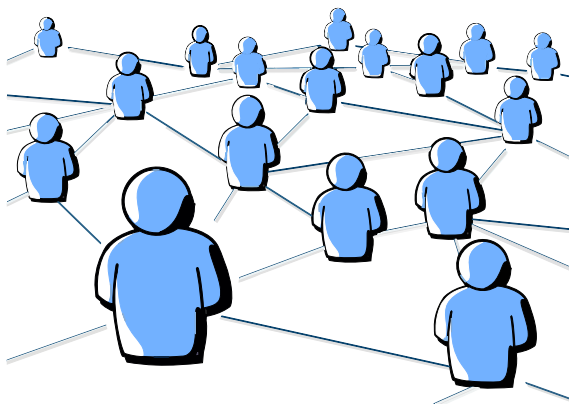


# The Psychological Skills Service (PSS)

## Therapeutic Support Work (One to One Intervention)



Information for service users, friends, family, carers, and GPs.

Leaflet published: *September 2023*  
Leaflet review date: *September 2024*

### Is this intervention for me?

#### Do you...?

- Feel isolated?
- Have difficulties connecting with your local community and getting out and about?
- Have difficulties identifying and participating in meaningful activity?
- Need support finding or maintaining education, volunteering, or employment?
- Feel your environment is a source of stress and impacting on your feelings of safety?
- Have difficulties with independent living skills? - e.g., shopping, budgeting, public transport, applying for accommodation, looking after your home, meal planning.
- Need support practicing skills learned in individual or group therapy?
- Have concerns with: memory, information processing, additional needs/learning difficulties, Autism Spectrum Disorder?

**If so, this intervention may be for you.**

### What's it all about?

Therapeutic Support Work is a way of working with people within a set timescale (6-8 weeks) to enable individuals to be as independent as possible, to support them to move forward on their recovery journey. The aim is to support people to make their own choices and identify recovery goals that are important to them.

Therapeutic Support Work can help to:

- Increase of re-establish connections in the community by getting out and about
- Increase interest in activities and getting involved
- Increase or regain independent living skills
- Put into practice skills and strategies learnt in interventions
- Tackle anxieties around tasks that have previously been challenging



## Structure and Content

Therapeutic support work consists of 6-8 weekly sessions. Each session will last approximately 50 minutes.

### What will I have to do?

The content covered in sessions will largely depend upon your needs and goals, which you will discuss with your support worker in your initial session.

Sessions are structured in nature and will follow a similar format each week. There will be space in sessions to review any practice tasks set in the previous session, working towards your goal, and setting a practice task for the following week.

We appreciate that elements of this intervention may be challenging or overwhelming - you can discuss this with the group clinicians and make a plan together of how best to support you.



## How can I access this intervention?

To access our interventions you must be referred to us. To do this, please visit your GP who can then make a referral via the Primary Care Mental Health Team (PCMH). If you are currently open to a Mental Health Service, please discuss this with them and they may be able to make a direct referral to PSS. If your referral is suitable, we may offer you an assessment session with one of our clinicians to explore which intervention may be best for you.



## Contact Details

Psychological Skills Service  
17 Bridge Street, Peterborough, PE1 1HJ.  
Tel: 01733 746811

Chesterton Medical Centre  
Union Lane, Cambridge, CB4 1PX.  
Tel: 01223 88370



## Frequently Asked Questions

### What if I can't attend a session?

Let us know as soon as possible. If you cannot attend, it will mean you miss a session. We cannot always offer you an alternative day/time, however, if you have done your skills practice that week, you can email it to us and your support worker can email back feedback. If you miss too many sessions, we may discharge you back to the care of your GP.

### Where will appointments take place?

All sessions currently take place face-to-face. These will take place at Peterborough Town Hall or Chesterton Medical Centre, depending upon your location. Appointments may be offered via Microsoft Teams if necessary.

### Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail: [palsandcomplaints@cpft.nhs.uk](mailto:palsandcomplaints@cpft.nhs.uk)

### Out-of-hours service for CPFT mental health service users

Please call **NHS 111** for health advice and support.

If you require this information in another format such as braille, large print or another language, please let us know.

Pride in our adult and specialist mental health services



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CPFT supports the **HeadtoToe Charity** – visit [www.HeadToToeCharity.org](http://www.HeadToToeCharity.org) for details on how you can help



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