

THE 1st
Responders
Zone

Wanstead Mental Health Clinic

1st Responders Zone
Emergency Services Membership

Blue Light Community



1st Responders Zone

www.wansteadmhclinic.com

Boosting the Line



Position Statement

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence

Delivers a new approach to Counselling, Psychotherapy and Mental Health services. With over 20 years of private practice experience our Clinical Director brings together a functional and effective process to support professional development and maximise the delivery of Positive Client Experience.

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence

is owned and managed by Wanstead Wellbeing CIC is a Mental Health Service Provider that goes beyond the traditional scope of a clinic that is nothing more than a collection of soul traders.

Wanstead Mental Health Clinic The Therapeutic Centre of Excellence

The Gold is in you – Our team guides you to find it

**Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence
is a Collaboration Partner of Ayanay Psychological Accreditation (APA)
and operates to the Ethical & Professional Framework of their
elevated protocols.**

Point of Focus



Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence

Provides a dedicated Counselling, Psychotherapy and Mental Health Wellbeing Environment.

WE ARE PROUD TO OFFER THIS TRULY UNIQUE SUPPORT SYSTEM

THE 1st Responders Zone

Provides beneficial outcomes to:

- Those that serve or served as Blue Light Professionals
 - Police, Ambulance, Fire & Rescue, Coastguard
- Their Person of Significance

The Elements of Focus

- Elevated Wellbeing Awareness, Resilience & Empowerment
- Providing Discounted Access to Effective Therapies
- Increasing Positive Communication
- Creating Positive Transition from Service



What you should know

Current Support Provision	Current Outcomes
Support is based on Peer support networks Often Length of Service Dependent Predominantly Vocationally Focused ALL Transitional Support is Personnel ONLY Family support is often isolated	Higher % Drug and Alcohol Dependency Higher % Suicide Rates Higher % of Family Breakdown

THE ONLY PROVEN WAY TO IMPROVE THESE OUTCOMES IS
WITH:

PSYCHOLOGICAL AWARENESS
AN EFFECTIVE SUPPORT NETWORK
ON-GOING TASK RELATED FOCUS /
MEANINGFUL EMPLOYMENT

1st Responders that become members of the 1st Responders Zone, are able to nominate their Person of Significance to be their Primary Beneficiary, at no extra cost.

Additional Family Members can be nominated by the 1st Responder as a Privileged Member at the special rate.

The Support



A Monthly Peer Support Space	Drop In & Chat
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By providing a dedicated Drop In and Chat service to those that served as Blue Light Professionals (Police, Ambulance, Fire & Rescue, Coastguard) and their Person of Significance, that does not risk confidentiality, the Blue Light Community will have an opportunity to receive support from Qualified Counsellors & Coaches as well as each other.

The Drop In & Chat Support will be structured in 3 sections

Section 1 Person of Significance / Privileged Member, 10am - Noon

Section 2 Shared Lunch (a structured conversation around the topics raised in the Morning Drop In & Chat Session)

Section 3 Those that Serve or Served, 2 hours 1pm – 3pm

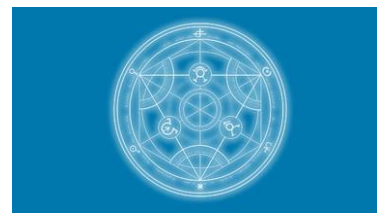
B.I.T.I.M.O. BLUE LIGHT	1 Day Learning
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B.I.T.I.M.O. BLUE LIGHT Supports those that served in the UK Emergency Services and their Person of Significance. Allowing both to develop their knowledge and understanding of the building blocks for Positive Mental Health.

This experience enhances the capacity for mutual support to be active throughout the transition phase and beyond. With a focus on tools for the future. Supporting positive Mental Health, without talking about Mental Health. Boosting the bonds and enhancing the support for positive and sustainable Mental Health.

Skills for Success

Life, Employment & Enterprise



Are you Ready to Get in the Zone?

**You can join the 1st Responders Zone
Annual Membership**

Blue Light Professional - £144

**Nominated Person of Significance and Privileged Members -
£96 per year**

Monthly Peer Support Space

VIP Access Rate to B.I.T.I.M.O. BLUE LIGHT Seminars

OR

Pay as you go

£18 per visit to Monthly Peer Support Space

Service credentials must be verified in advance.



The Team

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence, ensures that every professional that works with The 1st Responders Zone is pre-vetted. The commitment to protecting the safety and wellbeing of participants is paramount.

All Professionals engaged in The 1st Responders Zone, have achieved the B.I.T.I.M.O CHAMPION Recognition Award. (excluding 3rd Party Guest Contributors)

This acknowledges the professional has demonstrated elevated awareness and understanding of factors that impact on those that served and their families.

Including:

- The Official Secrets Act
- Finance and Insurance
- Housing
- Relocation and Settlement

**All Counselling Provision within the Programme is delivered by
Qualified Affiliated Professionals.**

Confidentiality

The 1st Responders Zone functions under the Therapeutic Ethical Code of Conduct regarding Confidentiality. **Wanstead Mental Health Clinic– The Therapeutic Centre of Excellence,** has a dedicated protocol for Risk of Harm Disclosures.

Whistleblowing and Complaint Process

In line with best practice and The Ethical & Professional Conduct Protocols **Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence,**

upholds an elevated Whistleblowing and Complaint Process. This is available on request.



Safeguarding and Disclosures

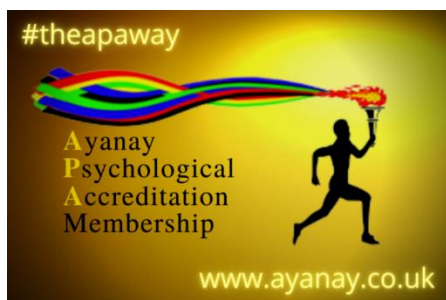
This is not an exhaustive list and while acts of criminal and civil wrongdoing are clear, we acknowledge the boundaries of individual practice, to account for and take immediate action in relation to informing the correct authorities in situations of:

- Terrorism
- Money laundering
- Trafficking / slavery
- Genital Mutilation

Accredited Facility

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence is a Collaboration Partner of Ayanay Psychological Accreditation (APA) and operates to the Ethical & Professional Framework of their elevated protocols.

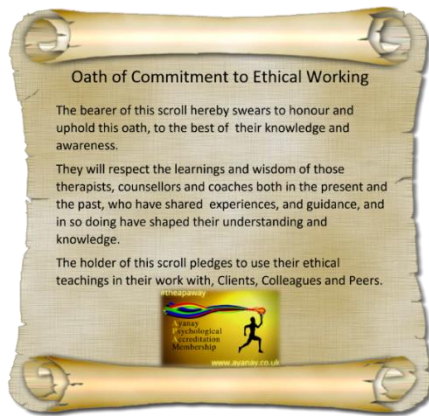
It might surprise you to discover that in the UK the sector of Counselling & Psychotherapy is unregulated. This means that there is Government Appointed



Body to protect clients or professionals. This role is delivered by various VOLUNTARY registers. These are often Charities or Organisations that offer professionals a membership, with an Ethical Framework and Structured Code of Conduct.

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence, affiliates to Ayanay Psychological Accreditation (APA) as a committed Collaboration Partner. You are welcome to review APA's Framework at www.ayanay.co.uk

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence, abides by the Ethical and Professional Conduct Protocols of Ayanay Psychological Accreditation (APA).



While the professions of Counsellor & Psychotherapist are unregulated, Professionals are free to choose the Voluntary Register of their choice. However, all professionals Affiliated to and / or receiving referrals from **Wanstead Mental Health Clinic** agree to work in accordance with APA's Oath of Commitment to Ethical Working.



Community Social Responsibility

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence, along with our Owners, (Wanstead Well-being CIC), Our Collaboration Partners, (Ayanay Psychological Accreditation - APA), believes that together we can demonstrate an effective engagement of Positive Mental Health in the communities we serve.

The 1st Responders Zone is supported through Funding Grants, Sponsorship and CSR Donations.

CONTACT DETAILS

By telephone

Call our service team on 0203 488 5899

By email

info@wansteadmhclinic.com

In writing

11-13 Cambridge Park, Wanstead E11 2PU

Emergency Contact

Non Clinical 07516 148 280

Clinical 07977 460 529