



Life Rooms Walton and Life Rooms Southport both offer a range of life opportunities for service users, carers and the wider community; challenging stigma and to promote positive mental health and wellbeing.

For more information visit: www.liferooms.org

Among the services provided for service users, carers and the wider community are:

- Volunteering opportunities
- Employment advice and support
- Debt advice and money management support
- Housing advice and support
- A library for learning and health and wellbeing (Walton only)
- A children's library area
- Mersey Care Recovery College for people who want to access our wide range of courses and workshops
- Vocational training opportunities
- Help and advice around mental and physical well-being
- Meeting spaces for community groups
- A free IT suite for everyone to use
- Advice areas for private one-to-one conversations enabling confidential support
- A café (Walton only)
- An open area usable for art exhibitions and cultural activities for local groups.



Recovery College

The Recovery College offers a variety of courses, experiences and vocational training co-designed to support recovery and encourage a richer life through learning whilst emphasising hope, control and opportunity. It supports people to gain the confidence to do the things they want to do and be the people they want to be. If you would like to refer a service user to the Recovery College please contact 0151 330 4140 and ask to speak to a Recovery Learning Facilitator.

Employment and meaningful activity

Managing mental wellbeing should feel like a normal part of life and a way of doing things that many of the facilities provided at the Life Rooms help people to do this. The focus on employment is particularly important because it helps people feel valued and gives them a greater freedom of choice with their lives.

The benefits of work on physical and mental health are well documented; there is strong evidence that work:

- Promotes recovery
- Leads to better health outcomes
- Minimises the effects of long-term sickness absence
- Improves quality of life and well-being
- Reduces social exclusion and poverty

Research and practice has shown that given the right support the vast majority of people with a mental illness can take up and sustain employment. The model of employment support with overwhelming international evidence is the Individual Placement and Support (IPS) model.

Individual Placement and Support (IPS)

IPS services for adult mental health service users on CPA are available in Liverpool and Sefton. In Liverpool this is Mersey Care NHS Foundation Trust's own IPS service and in Sefton, Imagine Independence. Both services have achieved high levels of fidelity to IPS in independent reviews by the Centre for Mental Health and are part of the Centre of Excellence programme.

If you have a service user on CPA whom you feel would benefit from employment support and want to find out more please contact the appropriate service. Your referral will then be allocated to an Employment Advisor.

For Liverpool contact

Jennifer Keenan, Project Support Manager,
Mersey Care NHS Foundation Trust,
Tel: 07585884344
Email: IPS@merseycare.nhs.uk

For Sefton contact

Antony Dowell, Operational Service Manager
Imagine Independence,
Tel: 07816 131027
Email: adowell@imagineindependence.org.uk

Pathways Advice

With regards to employment support, if you have a service user who is not on CPA please contact pathways.advice@merseycare.nhs.uk. Your referral will then be allocated to a Pathway Advisor.

Pathways Advisors can also help people to access housing benefit support, debt management, income maximisation advice and volunteering opportunities.

Life Rooms Walton

Evered Avenue, Walton L9 2AF
Tel: 0151 478 6556

Life Rooms Southport

23-35 Scarisbrick Avenue, Southport PR8 1NW
Tel: 01704 383 198