



QUARTERLY NEWSLETTER

ISSUE #1

Summer 2015

Welcome to the world of Integritas Advocacy. This is the first issue of our quarterly newsletter and we will provide you with details of the work we do to support adults with complex needs in Nottingham.

What is Integritas?

For those of you that don't know us, we provide free person centred support services and advocacy for the most vulnerable adults across the city of Nottingham. The majority of our service users suffer from mental health problems or have learning disabilities. We support them to find ways to improve their day to day lives.

Services Offered

We at Integritas pride ourselves on providing a holistic service for our service users. As a result, our work is extremely diverse and we aren't afraid to get hands on to help our service users. The services we offer include and are not limited to:

- Financial advice/help with debts/benefits issues
- Help with arranging medical appointments
- Attending appointments with service users
- Support with housing issues
- Employment/volunteering advice
- Support with receiving education
- Helping users to access clothes, furniture & food banks
- Finding activities & support groups for service users
- Befriending service – providing support to access social activities

The Integritas Team

We currently have a small team of 5 staff, (2 are full time) and 9 volunteers. Last year our team worked with over 120 clients and currently support 66 adults. We have recently recruited a Senior Practitioner, which has strengthened the quality of our service delivery and has added significant experience and support to the team.

In addition, our amazing team of volunteers deliver our befriending service. They have supported up 47 clients with a weekly visit or phone call. This is an invaluable service to the isolated individuals they befriend and just as important as the practical support we provide.

Staff development is an important part of our work. Staff and befrienders have received updated training on the Mental Health Act, Understanding Personality Disorders and The Mental Capacity Act. We've secured free training from Cartwright King Solicitors on Community Care, The Court of Protection, Child Protection cases and access to the Criminal Justice system which improved our understanding of client's legal rights. We've also got training in Mindfulness, Professional Boundaries and Recording.

We've had our first staff wellbeing day where we have practiced some mindfulness

and team building exercises through yoga and meditation.

Our service is led by a strong board, our chair being Dr. Mike Harris, the former executive director of Notts Healthcare.



A photo from our yoga session on our first staff wellbeing day.

Who works with Integritas?

Integritas has partnered with reputable organisations in the Nottingham area. For example, we currently have a contract with the Nottingham City Clinical Commissioning Group as well as a grant through the Police and Crime Commissioners Community Safety Fund.

We've successfully bid to become part of the NHS

England 'Gearing up for Personal Health Budgets' pilot. This is a significant change in the way people receive support and can be bewildering. During 2015 we will be talking to eligible service users about personal health budgets and supporting some through the application process.

Case Studies

We have included below a couple of short case studies to let you know more about how we support people.

D: Has a learning difficulty, suffers from depression, and is in financial difficulty. We supported him to successfully apply for the correct benefits. We accompany him to various health appointments. He has now taken a volunteering position with a charity shop. His physical and mental health and wellbeing have improved, he has increased independence and his confidence is growing daily.

F: has bipolar disorder, diabetes and back problems, is in substantial debt and has housing issues. We supported her application for appropriate housing and helped her with the move. We also advised her on effective budgeting and her benefits, as well as finding support for managing her diabetes and she now has a befriender. She is now actively engaging in her community and her confidence has increased to such an extent that she has

joined Nature in Mind. She is managing her mental and physical health and her self-care has greatly improved.

Join the Team

We are always looking to expand our team of trained volunteers. This would appeal anyone who wants to improve their skills, confidence and employment prospects, including school leavers, college and university students.

Recently, we've had our first student social worker from the University of Nottingham on placement with us since March this year. Her time at Integritas has provided everyone with priceless learning experiences. If you know of anyone with some time to spare, please look at 'where to find us' on the next page.

Where to find us

We are based in Nottingham City Centre at the NCVS building on Mansfield Road.

Integritas Advocacy Ltd
3rd Floor
7 Mansfield Road
Nottingham
NG1 3FB



Opening hours: Monday to
Friday - 9:00am – 5:00pm
Telephone: 0115 9348 411
Email: Info@integritasadvocacy.org.uk



We are located on the third floor of the NCVS building on Mansfield Road – Opposite from House of Fraser

Funding

We are a passionate & hard working team, but we need help from others to ensure that we can provide our service users with the best possible service.

Thus, we are always accepting donations, which you give via our easy giving and local giving pages.

We welcome enquiries about our service and referrals of possible clients. We currently take referrals from all services and from individuals.

If you would like further information about Integritas, please see our website www.integritasadvocacy.org.uk or call us on 0115 9348411.

Social Media

You can find out more about our organisation and what's going on by following us on Twitter [@IntegAdv](https://twitter.com/IntegAdv) or you can like us on Facebook.



Join in and spread the word as we continue to support adults with complex needs throughout Nottingham.

Feel free to give a donation through our pages on total giving and local giving.

