

Guidelines for Signposting



The Well-City Salisbury project offers creative courses and opportunities for adults and young people experiencing low to medium mental health needs. Activities will require the use of fine motor skills like using a pencil. Some courses will involve physical elements like walking and will include sessions that take place outside.

Please read the following to ensure that courses are appropriate for those being signposted:

- Well-City Salisbury is for residents of Salisbury and the surrounding areas. Participants should have an SP1-SP5 postcode.
- Courses are ideally suited to those experiencing low to medium mental health needs, like anxiety, stress, low mood, and depression and those struggling with feelings of social isolation.
- Participants should not be in a mental health crisis and should not present a risk to either their own safety or that of others.
- Participants should be able to attend regularly without a support worker or carer (we welcome support workers and carers to the first couple of sessions if this is helpful for participants to feel more comfortable in a new space and meeting new people).
- Participants should be comfortable in a group setting or want to work towards becoming more comfortable in group settings.
- We offer courses mainly for adults (18+) with 1-2 specific courses for young people (ages 14-19) offered each year. There is no upper age limit.
- Because of the nature of some of our courses, the activities involved and where they take place (such as walking on uneven ground), signposters should consider the mobility of potential participants when determining suitability for some of our creative courses.
- Courses are open to people of all abilities though for safety reasons they should be able to follow instructions and participate in activities with minimal supervision. We're not able to offer 1:1 support for participants.
- Participants should be receiving support to disengage from drug or alcohol addictions if this is a part of their mental health need. Participants cannot attend sessions while under the influence of illegal drugs or alcohol.
- Participants should be able to commit to attending all sessions (although we understand, of course, that sometimes unexpected things come up).
- Participants must be signposted onto their first Well-City Salisbury course by a GP practice, support organisation or community group. If participants have already completed a course and would like to enrol in a second, they can self-refer.
- Participants can take part in a maximum of 2 creative courses over the 3 years of the project. After this, we encourage people to stay involved by exploring other project pathways, such as our mentored volunteering programmes.