

Do you want to live a
healthy, fulfilled and
independent life?

Enablement

Promoting good mental health through personal development, education and employment.



Our Community Enablement Workers will help you to:

Achieve your goals by providing encouragement and support
Identify your aims and needs for a more fulfilling life

For more information:

Pentreath Ltd
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Newquay
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01726 862727

email: project.manager@pentreath.co.uk
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email: contactus@pentahealthandwellbeing.com
web: www.pentahealthandwellbeing.com



Kernow Clinical Commissioning Group



Promoting good mental health through personal development, education and employment.

Enablement

- By providing one-to-one short term (approximately 12 weeks) support your worker can help you spend time in a productive and fulfilling way, through **social and leisure activities, voluntary work, education or training**.
- We pride ourselves on working to your individual needs and to ensure we do this effectively, your Community Enablement Worker will contact you to find out how you are and about your progress after the 12 weeks.
- We work in partnership with Penta Health and Wellbeing in order to cover the whole of Cornwall.
- Our Enablement project is available to anyone **over the age of 18** who is not accessing the services of Community Mental Health Teams (CMHT).

West Cornwall - Penta Health and Wellbeing - 01209 714550
Mid, North and East Cornwall - Pentreath - 01726 862727

For more information and referral forms:

Project Manager

01726 862727

project.manager@pentreath.co.uk



INVESTORS
IN PEOPLE

Bronze



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