

## WHERE WE WORK

Wish has two regional offices: in Liverpool, for the North and the Midlands and in London for London and the South. We are working to reach all women detained in secure psychiatric settings, and to extend services to more women in prison and the community.

## OUR AIMS

- ◀ To empower women before, during and after their stay in a secure setting to achieve a self defined improvement in their quality of life
- ◀ To influence the development and delivery of gender specific services to address diversity of need
- ◀ To work with staff and managers in secure services to improve the quality of women patients' daily lives and reduce their isolation
- ◀ To influence reform of mental health provision through specific campaigning

## TO FIND OUT MORE

To find out more about Wish, our services or how to become a member, please contact the London office (details overleaf).

## ABOUT WISH

Wish, founded in 1987, is a registered national charity whose mission is to provide long-term, gender-sensitive support and services to women with mental health needs in their journey through the criminal justice and mental health systems and into the community, and to support women to have their voices heard at a policy level.

### WISH London Office

15 Old Ford Road  
London E2 9PL  
Tel: 020 8980 3618  
Fax: 020 8980 1596  
info@womenatwish.org.uk  
www.womenatwish.org.uk

### WISH Liverpool Office

Space Solutions Business Centre  
39 Sefton Lane Industrial Park  
Maghull, Merseyside  
L31 8BX  
Tel: 0151 285 1888  
liverpool@womenatwish.org.uk

# Wish

A voice for women's mental health

SERVICES  
for  
WOMEN

COMMUNITY  
LINK



## WHAT IS COMMUNITY LINK?

The Community Link project helps make the move from hospital or prison into the community as smooth and supportive as possible. Wish is there to provide information, practical and emotional support, and a link into community activities and opportunities.

## HOW CAN COMMUNITY LINK HELP ME?

- ◀ I have started a course at my local college
- ◀ With Wish's support I reduced my self-harming
- ◀ I've taken up some paid work with Wish
- ◀ I feel confident travelling by myself on public transport



## WHERE DOES COMMUNITY LINK OPERATE?

Community Link currently operates in:

- ◀ In the community in London and Essex
- ◀ HMP Bronzefield, Middlesex and HMP Holloway, London
- ◀ We can also visit you in hospital as you are getting ready to be discharged

We are going to extend the service across the country over time.

## HOW DO I GET INVOLVED?

Talk to a Wish worker at your unit or prison, or contact the Wish office directly.

Someone from the project will come and see you to discuss your plans for the future. If we agree that Community Link is for you, you'll become a member of the project and we'll plan what will be most helpful to you.

## WHAT THE PROJECT CAN OFFER

### ◆ Information

On useful organisations and support groups, education, training and employment, and sources of financial assistance.

### ◆ Support

Through regular visits before and after leaving hospital or prison to give intensive support. There is a weekly drop-in at the Wish office in London, where women can come to socialise and get peer support, as well as advice and information from Wish workers. Some women may also be offered a befriender.

### ◆ Liaison and advocacy with the care team

Support to ensure women are able to voice their opinions and views in meetings with their care team.

### ◆ The Next Step

We can introduce women to valuable opportunities through our links with volunteering, work and community projects. Volunteering gives women the chance to learn new skills, gain confidence, and develop their CV.

## WHAT COMMUNITY LINK SERVICE USERS SAY ABOUT THE PROJECT:

- ◀ I can trust Wish to be there for me
- ◀ It's what you expect social workers to do but they can't because they are so busy
- ◀ If it wasn't for Wish I would not be here