

A Lifecraft Service

LIFELINE

Cambridgeshire & Peterborough
Crisis and Support Helpline

Need someone to talk to?

Freephone
0808 808 2121
11am - 11pm
365 days a year

We're here to support you



We care
We listen
We don't judge

We could be your Lifeline



Scan
to add
Lifeline to
your contacts



OUR VALUES

Our values run through everything we do.

We are **user-led** because we know that our members' and other service users' experiences put them in a unique position to know what works for them.

We know that helping others and helping yourself can benefit your mental health. We **empower** people to develop their skills and make their own decisions.

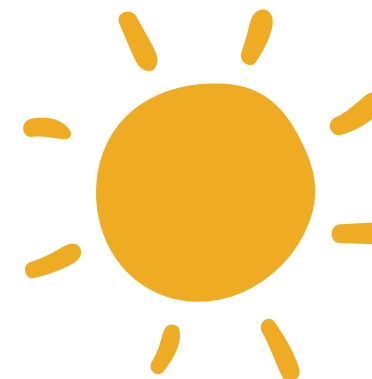
We believe that everyone with mental health difficulties can and should be **included** within our communities. We actively challenge mental health stigma and discrimination.

Being user-led, we know what it's like to feel alone and ignored. We listen, we understand and we care. We want everything we do to be done with **empathy**.

We aim to create a psychologically **safe** place for people to connect with others, gain knowledge, learn new skills, help each other and get support.

Lifecraft
CAMBRIDGESHIRE &
PETERBOROUGH

Membership Services



We welcome membership applications from adults living in Cambridgeshire or Peterborough who have, or have had, lived experience of mental illness or mental health issues.

Membership is free.

lifecraft.org.uk

lifecraft.org.uk
01223 566957

membership@lifecraft.org.uk

OUR SERVICES

Our services all aim to help and support people who are struggling with their mental health.

Social Activities

Most of our groups and activities provide an opportunity to connect with others. Connecting with other people can help you to feel less isolated. Our social groups and drop-ins are really friendly and offer a place to chat, play games, drink tea and coffee and eat biscuits (we also love cake!).

Groups and Courses

Our programme varies throughout the year. Some groups are led by a Lifecraft member, and others by trained professionals. We are led by what our members feel would be useful to them.

art for wellbeing
craft **mindfulness**
body-mind connections **art** expressive writing
resilience
meditation **fitness** singing

Careers, Employment and Volunteering

If you are thinking about finding a great new job, volunteering or starting a different career path, our careers and employment coaching service can support you with your mental health recovery, to find a career and work with purpose and meaning.

Counselling

Our Counselling Service provides additional support alongside our groups and activities. It is only available to Lifecraft members.



Further information can be found at www.lifecraft.org.uk or our Counselling Service leaflet.

About Us

Lifecraft is a registered charity in England and Wales Number 1195632

BECOMING A MEMBER

Whether you are looking to connect with others who have similar struggles or learn about and try techniques that may help you to live the life you want, we'd love to have a chat to see if Lifecraft is for you.

-  You can download the membership pack from our website, or contact us and we will put one in the post to you.
-  We aim to make the process simple, but if you want help or have questions, pop in to see us or give us a call.

Your Information

Our Privacy Policy is available at www.lifecraft.org.uk