

## Adult Mental Health Services

# Cambridge Social Inclusion Team



**Cambridge Social Inclusion Team**  
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**This material can be provided in alternative formats  
such as other languages, large print, Braille, tape  
and on disk upon request to 0800 376 0775**

The Patient Advice and Liaison Service (PALS) provides service users, their carers and families with help, information and support to resolve concerns quickly and efficiently. Tel: 0800 376 0775 or email: [pals@cpft.nhs.uk](mailto:pals@cpft.nhs.uk)



## What is social inclusion?

Doing more with your leisure time - support to access sports, exercise, arts, hobbies, culture.

Meeting others, making friends and sustaining social links.

Employment - support to access advice, develop skills, finding a job that suits either paid or unpaid.

Education and Training - finding a course to suit you anything from basic literacy or numeracy or a degree

Physical Health - support to make changes that improve physical health eg diet, lifestyle, exercise

Mental Wellbeing - support to improve confidence, self-esteem, coping strategies.

Getting the basics right – signposting you for help with debt, housing, benefits.

Or you may just know that you want to do something but don't know what. At various points in life we feel we need a change. We might have an idea of a long-term goal but not know how to get there.

## How can we help?

We are happy to meet you for the first time in a place of your choice; this could be your home, local library or café.

If you prefer we have meeting rooms at our office. We will take time with you to explore possibilities and find your starting point. It's important that you feel comfortable with your own starting point.

Because no two individuals are ever the same, we can offer you tailor-made one-to-one support to make that start.



“1 in 5 people have dandruff,  
1 in 4 people have mental  
health problems.  
I've had both.”

Ruby Wax

[www.time-to-change.org.uk](http://www.time-to-change.org.uk)