

How do I apply?

The Energiser Programme is open to adults of working age (16-65) and you can self-refer or a relevant professional may do it for you.

Application and referral forms can be obtained from
aeclark@momentumskills.org or
By telephoning 01224 625580

Contact Details

South Wing, Migvie House
23 North Silver Street
Aberdeen
AB10 1RJ
Tel: 01224 628850
Email:
migvie@momentumskills.org

Funded by



Are there any other benefits for you?

Energiser works alongside **City & Guilds** and you are expected to keep a portfolio throughout the programme. This will involve collecting evidence of your experiences and writing a reflective log at the end of each week.

Participating fully in the programme and completing the portfolio will result in the attainment of a **Profile of Achievement Certificate**, issued by **City & Guilds**



Energiser



Personal Development Programme

What is Energiser?

The Energiser Programme is a personal development programme for adults with a mental health issue and / or who are recovering from substance use issues; and who want to start making positive steps in their lives.

Energiser aims to help you break out of your existing routine and to give you the motivation and confidence to move forward with your life.

Who can access the Programme?

The Energiser Programme is targeted at adults of working age (16–65). Anyone can access the programme who has a clear pattern or diagnosis of mental health problems. It is designed to provide the first steps on the ladder back to social and economic inclusion

What is involved in the Programme?

The Energiser Programme runs Tuesday to Friday, from 10am to 3pm. Clients may join the programme at any point. The programme provides a variety of pre-vocational activities which are 40% centre based and 60% outdoor based. Working in groups of up to 10 people, activities focus on personal development including communication, health management, problem solving, team building, time management, persistence, leadership and health and safety.

Activities are based on improving well-being and discovering or re-discovering skills to develop personal strengths and experiences. You will be encouraged to identify what you want to achieve and to set personal goals. The programme has healthy living, community engagement and environmental emphasis. There is also a vocational module which prepares for moving on and identifying possible vocational pathways.

What sort of centre based workshops are you likely to do?

You will participate in discussion based group workshops covering issues such as ; assertiveness, confidence building, positive thinking, better sleep, healthy eating, stress management, communication, motivation, and attitudes towards work.



What sort of outdoor based activities are you likely to do?

Energiser is physically active programme and you should be **able** and willing to fully engage in all activities. You can expect to become involved In activities such as ; hill walking, raft building, horse riding, canoeing, rock climbing, go -karting, snowboarding, wilderness skills, mountain biking, visiting nature reserves, gardening, gym activities, archery, castle visits etc.

Our criteria -

This is to ensure that you are in the best possible position to benefit from your time on the programme and are more likely to successfully complete it.

- You must have a clear pattern or diagnosis of mental health problems.
- You must have a relevant professional mental health practitioner or contact
- You must be settled in permanent accommodation for a period of at least 3 months
- You need to be aware of the physical nature of the programme, be able and willing to participate in the various outdoor and indoor activities.
- You must be motivated to engage and participate in all aspects of the programme
- You must commit to attend the whole programme, unless authorized by Momentum Staff (unavoidable or pre-arranged absences)
- You must be able to refrain from using illegal drugs or non-prescribed medication for the duration of the programme
- You must not drink alcohol before attending the programme Monday—Thursdays.

Energiser involves some reading and writing so a basic level of these skills would be an advantage. **Those on methadone scripts or with more severe mental health issues will be assessed individually**