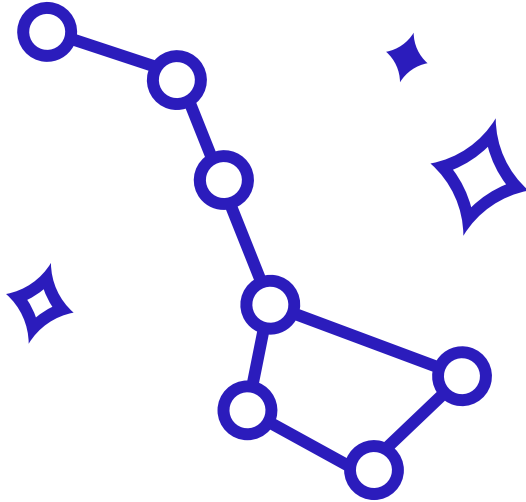


NOVA ROOTS



Empowered Community Forensic Women's Hub

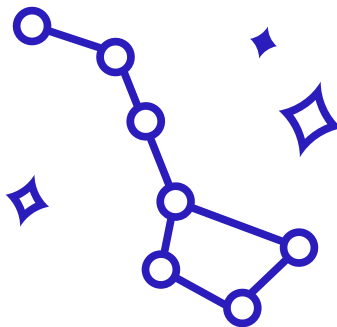
Who are we?

NOVA ROOTS Forensic Women's Hub

is an out of hours community space for women 18+ leaving forensic mental health services, open 3 days a week; one evening and every weekend.

We offer a safe, warm, non-judgmental social environment for women to build meaningful connections and have access to free activities and resources.

Our interventions often take on a creative approach and will always refer to your personal plans to ensure we can cater to your current and developing needs.



Our Interventions

We offer various types of interventions at **NOVA ROOTS** Forensic Women's Hub with an emphasis on **women's needs** by promoting and encouraging **positive psycho-education** and our seven hub dynamics.

Creative Space

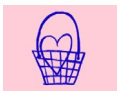
Working On You

Relational

Women's Health

Sexual Health

Reduce Re-Admission



Creative Space

We know it is important that being creative can encourage positive mental health & well-being.

NOVA ROOTS is passionate in holding a creative space where you can explore individual interests or try out new workshops.



What we offer:

- ✓ A quiet space to gather thoughts and relax in a communal environment
- ✓ Opportunity to join art / music / craft groups
- ✓ Co-created events inspired by your experiences and sharing your voices
- ✓ Trying new creative workshops & gather a diverse positive personal experiences
- ✓ Linking in with local creative networks and charities

Working On You

Understanding yourself better can take part in many forms. By exploring & identifying your needs you can work towards nurturing new and positive life experiences.

NOVA ROOTS is a non-judgmental community that encourages you to work on yourself in a safe and inspiring environment no matter what has happened in your past.



What we offer:

- ✓ Exploring your identity as you transition into the community
- ✓ Workshops that focus on empowerment self-esteem and confidence
- ✓ Looking at your hopes for the future when you on-board with us and looking at what aspects you need to have a happy and healthy outlook
- ✓ Job and CV workshops linking in with Hounslow Job Centre & West London Recovery and Wellness College to promote stability for your future

Empowered Community Forensic Women's Hub

Women's Health

Your body is important. As a woman you may have experienced negative outlooks that has stemmed by discrimination rooted by societal factors or have a complicated relationship with your body due to your mental health diagnosis.

NOVA ROOTS promotes positive women's health and will host workshops with a focus on physical & emotional essentials.



What we offer:

- ✓ Learning body positivity – being happy with the body you have & connect to your body in a healthy and well-informed way
- ✓ Periods – breaking away from stigmas or misinformed information
- ✓ Menopause – Understanding what are pre-menopausal or post-menopausal symptoms
- ✓ Promoting age-related health checks at GP e.g., Breast Awareness & Cervical Screening
- ✓ Signposting you to sports or activity groups in the local area

Relational

Understanding yourself better can take part in many forms. By exploring & identifying your needs you can work towards nurturing new and positive life experiences.

NOVA ROOTS is a non-judgmental community that encourages you to work on yourself in a safe and inspiring environment no matter what has happened in your past.



What we offer:

- ✓ A safe space for you to build a new community
- ✓ Practicing social skills
- ✓ Understanding how you relate to others
- ✓ Maintaining and building on your family and friend's network
- ✓ Being comfortable in making new friends or the possible prospect of dating
- ✓ Being aware of unhelpful or abusive relationships such as Domestic Violence and signposting to services such as Refuge / Southall Black Sisters

Empowered Community Forensic Women's Hub

Mental Health

Living with a mental health diagnosis can be challenging and affect all aspects of your life.

NOVA ROOTS will support you as you transition into the community by connecting you with women & professional allies who really understand what it is like & the barriers you may face being back in the community.



What we offer:

- ✓ Offering workshops and giving a space to discuss what is it to be a woman with a mental health diagnosis
- ✓ Working with change and transition and how this may affect your mental health
- ✓ Being with others who understand/resonate with your personal mental health experiences
- ✓ Linking in with mental health support groups in the local area to reduce isolation in the community

Sexual Health

During your time on the wards, sexual health may have been put aside as you concentrate on your mental health.

NOVA ROOTS want to ensure you are fully equipped with the most accurate sexual health information and safe sex practices.



What we offer:

- ✓ Sex positive thinking – being empowered and letting go of social biases or shameful thinking around sex
- ✓ Tapping in to accurate free & confidential sexual health & wellbeing psychoeducation <https://www.brook.org.uk/> for safe sex practices and contraception that works for you
- ✓ Being aware of accessible home STI testing, regular and emergency contraception by <https://www.shl.uk/>
- ✓ Signposting you to free NHS sexual health services online

Reduce Re-Admission

Your transition into the community can often be full of different emotions. One of those emotions could be anxiety about getting unwell again & being admitted into NHS acute services.

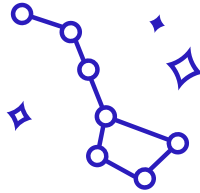
NOVA ROOTS will support you!



What we offer:

- ✓ **NOVA ROOTS** work closely with the wards and SCFT's and other professionals to ensure you feel well supported with your journey into the community.
- ✓ Being aware of your safety plans / coping strategies & working with all agencies that everyone is on the same page for your care pathway.
- ✓ Building a support network in the community that supports your mental health signposting you to therapy or refer for additional peer support etc...

NOVA ROOTS



Empowered Community Forensic Women's Hub

 Hammersmith, Fulham, Ealing and Hounslow



Wednesdays 3:00 pm – 7:00 pm

Saturdays 10:00 am – 3:00 pm

Sundays 12:00 pm – 5:00 pm

LOCATION: The Loft, 2nd floor, Treaty Centre,
44 High Street, Hounslow, TW3 1ES

If you are interested in attending NOVA ROOTS Forensic Women's Hub inform your designated ward clinician or SCFT peer worker

Referral only

Via our referral form/e-mailed to
forensicwomenshub@hfehmind.org.uk

Safeguarding

If you are at risk or experiencing abuse, neglect or self-harm we will report this in line with our Safeguarding policy.

We value your feedback

Your feedback is important to us as it helps improve our services. If you have any suggestions, recommendations, questions, complaints or compliments, scan the QR Code below using your camera on your phone.

This will take you directly there



or please contact us on

forensicwomenshub@hfehmind.org.uk

dutyadultservices@hfehmind.org.uk

0208 571 7454

 **mind** Hammersmith, Fulham, Ealing and Hounslow

Registered Charity Number: 801259