



Initial Enquiry Form

If you are interested in learning more about the services available in Aberdeenshire and would like us to get in touch with you to discuss which service would best meet your needs, please complete the information below.

About You			
Full Name			
Date of Birth			
Address	Postcode:		
Phone Number	Home:		
	Mobile:		
Email	@		
How best to contact you? (please tick✓)	By Home Phone Number <input type="checkbox"/>	Is there a particular day or time that is better for you for us to contact you?	
	By Work Phone Number <input type="checkbox"/>		
	By Mobile Phone Number <input type="checkbox"/>		
	By Email <input type="checkbox"/>		
	By Post <input type="checkbox"/>		
	By Text <input type="checkbox"/>		
About your reason for contacting us			
Tell us a little about why you are getting in touch			
Which of our services do you think would best help you? (please tick✓)	SWEL <input type="checkbox"/>	Personal Resilience Coaching	<input type="checkbox"/>
	The Listening Project <input type="checkbox"/>	Digital Inclusion	<input type="checkbox"/>
	Know Where To Go <input type="checkbox"/>	I'd like to volunteer!	<input type="checkbox"/>
	Cultivate <input type="checkbox"/>	I'd like to work for you!	<input type="checkbox"/>
	hearME <input type="checkbox"/>	Something entirely different:	
	I'm not sure <input type="checkbox"/>		
Nearly there, just a wee bit more info if that's ok?			
Who else is involved with your care that we might need to know about? (please tick✓)	GP <input type="checkbox"/>	Psychiatrist	<input type="checkbox"/>
	CPN <input type="checkbox"/>	CPA	<input type="checkbox"/>
	Social Worker <input type="checkbox"/>	Contact Info:	
You're Done!			
Please email your completed form to us at enquiries@mylifedynamic.org.uk No email? No problem! Just give us a call on 0300 1234 677 and talk to one of our team. We look forward to speaking to you soon.			

Unleashing The Power of YOU

MyLifeDynamic is a suite of services throughout the whole of Aberdeenshire to support people with mental health problems and those with Autism on their recovery journey. These services look and feel very different to the traditional models of support and are based on fundamental principles of empowerment, resilience and hope.

The services are delivered by our highly trained team of Resilience Coaches and volunteer network, who work with individuals and groups to fully capitalise on existing strengths and support development of new strategies that will be truly sustainable. Each person creates their own resilience action plan that makes full use of existing community facilities and support in order to stay well.

Our new project comprises of 7 elements which people access based on their needs and what would be most helpful to them in building their self-resilience and achieving their recovery goals.

Resilience Coaching – is led by our flexible and multi-skilled coaches who are role models of resilience and optimism. They predominantly work with people on a 1-2-1 basis. The resilience coaches work with individuals to identify strengths and issues and goals, encourage individuals to recognise and use their existing strengths, support building new skills and utilise coaching approaches to build momentum in self management, personal resilience and building capacity. Assessing individual's strengths and needs, the resilience coach links individuals with meaningful support delivery within their community.

SWEL – Supporting Wellness through Employment and Learning

We know that working, volunteering, and lifelong learning are all really good for our mental health and give a sense of purpose. SWEL will work with people to help them fulfil their education and employment aspirations.

The Listening Project – is a therapeutic confidential listening service intervention based on a range of talking therapy principles. Support will mainly be delivered through a network of trained volunteers, providing up to 6 sessions for each individual. For many, this support may be enough to help them make progress in their recovery, for others, it may provide a helpful stop-gap while waiting to access formal support that their GP might refer them to. The Listening Project provides a brief, solution focused intervention which is not intended to be a substitute for formal counselling delivered by secondary care, though many people will find that using the service removes their need to go onto other forms of psychological therapies.

AyeConnect – is our internet based information and resource service, dedicated to what's happening in and around Aberdeenshire. AyeConnect promotes local events and links people to quality web-based self-management/resilience resources and utilising social media, webinars, apps and e-learning. AyeConnect will also provide support to those less confident with new technologies to help get you on-line and connected, delivered by our team of **digital inclusion** volunteers throughout Aberdeenshire.

Know-where-to-go – Provides support to find and access existing community, universal and mainstream services enhancing inclusion and integration. Know-where-to-go isn't just 'signposting', it's about coming together as a community to ensure we all know what's available and how accessing things that can be helpful. A regular calendar of pop-up recovery cafes will ensure that people will be able to benefit from a drop-in format of support at venues across Aberdeenshire.

Cultivate – uses therapeutic horticulture as a pathway to improved mental and physical health and wellbeing, this social enterprise also encourages community integration and promotes self-resilience and a healthy lifestyle. Taking part in the Cultivate GROW Programme (Greenspace Recovery Onto Work) is also excellent support and preparation for those looking to re-enter the workplace or further education.

hearME - A Peer-Led Movement that brings the voices of lived experience together to help inform how mental health services should evolve throughout Aberdeenshire. hearME works closely with our partners at SeeMe to help empower local communities to champion social inclusion, challenge stigma & discrimination and create change networks.