

Case study

Self Help Nottingham



For nearly 30 years a small team of specialist workers at Self Help Nottingham have supported self help and mutual aid groups to thrive in Nottingham and Nottinghamshire. The service offers new and emerging groups free support to get started and advice, training and information to ensure groups provide a quality mutual support service for people living with a range of health and social care related issues.

Their services include an information enquiry service, practical support, training and development, outreach and development work, and an annual Directory of Self Help Support Groups. The charity also offers the opportunity for service user and carer involvement work at strategic and operational levels within local NHS organisations.

Self Help Nottingham is also developing a social enterprise model of sustainable support for groups across Nottinghamshire and the East Midlands. They have been recognised by the Department of Health as a best practice support organisation and are being sponsored to pilot a replication model for the delivery of local self help support and information across England.

The charity has also received funding from the National Treatment Agency to supply media and communications starter kits to new and emerging drug and alcohol recovery self help groups across the East Midlands.

For more information visit www.selfhelp.org.uk