



SCENE

Enhancing social networks,
improving quality of life

Would you like to meet new people, join a social group or find out about local social opportunities?

We are researching how to help people with psychosis to meet more people and expand their social networks.

WHY? To see whether this improves quality of life and well-being.

WE ARE OFFERING THE OPPORTUNITY TO ENGAGE AND RECEIVE EITHER

- a) *Social contacts coaching once a month for 6 months*
- b) *A booklet with information about local opportunities for social activities*

Your current care will not be affected. **The coaching will be personalised and driven by your preferences.** You will never be pressurised to take part in any activities you don't want to be involved in.

WHAT ELSE WILL HAPPEN? A researcher will meet with you twice during the 6 month study to ask you some questions about your wellbeing and mental health. We would like to offer you a £15 voucher for both of these meetings as a thank you in appreciation of your time .

Please contact **Helena Tee** if you are interested to take part:
020 7540 4380 ext.2308 or **h.tee@nhs.net**

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