

Facilities...

The centre has been fully refurbished and now boasts a fully equipped I.C.T./Training room, brand new offices, Drop-in Centre and kitchen. The centre is fully accessible to wheelchair users. The centre also provides a minibus and is able to subsidise public transport.



Kitchen

All Expect information is available in large print and is also available in Urdu.



Drop-in Centre

Drop-in Centre Times:

Monday – Friday 11am – 1pm
 & 4pm – 6pm

Saturday & Sunday 10am – 6pm

Expect...

The Centre is owned by Expect Ltd., a user led service established in 1989 and Registered Charity No. 701331.

Expect focuses heavily on the wants and needs of its service users and has 200 service users involved in the decision making process, including two service users who sit on the Committee.



For further information or enquires about specific services available please contact the following using the contact details provided:

Sue Evans, Project Manager Day Services



Bowersdale Resource Centre



**Crescent Road,
Seaforth,
Liverpool.
L21 4LJ**

**Tel. 0151 4748877
Fax 0151 2863052**

Email enquiries@expect-excellence.co.uk

This information is available in other formats

Expect Ltd. 28 April 2009

About the Centre...

The Bowersdale Resource Centre is a resource and drop in centre for people with mental health problems and learning disabilities living in the Sefton area.



Entrance to Resource Centre

The Bowersdale Resource Centre provides friendly and respectful support to people with mental health problems and/or learning disabilities.

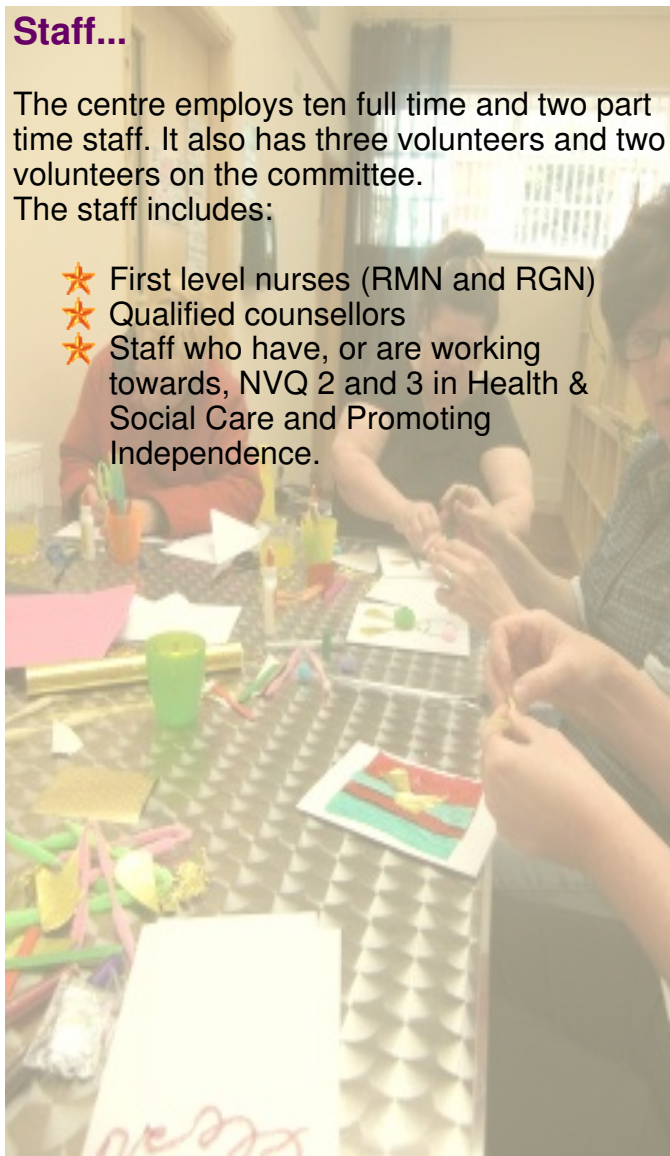
The centre offers meaningful activities which focus on skill building to maximise independence and facilitate access to a variety of training, education and support into employment.

People can be referred to the centre via a GP, psychiatrist or other health professionals. This service is free of charge at point of delivery for mental health service users. For those with a learning disability diagnosis, accessing the centre can form part of your funded package and costs are available upon request.

Staff...

The centre employs ten full time and two part time staff. It also has three volunteers and two volunteers on the committee. The staff includes:

- ★ First level nurses (RMN and RGN)
- ★ Qualified counsellors
- ★ Staff who have, or are working towards, NVQ 2 and 3 in Health & Social Care and Promoting Independence.



Breakfast Club...

The centre is open to service users from 7.30am for crisis management and person centred planning as well as a tasty breakfast. Access to this service is by invitation only.



Activities*...

The centre hosts many activities which are mostly split into male or female only groups with some mixed social groups. *Activities take place Monday to Sunday between 11pm – 4pm and 6pm – 9pm. They focus on three areas:*

Life Skills



Helping and educating service users with the skills needed for independent living, such as:

- Budgeting
- Cooking
- Staying Healthy
- Shopping
- Laundry

Hobbies & Interests



Offering activities in a friendly environment that can be educational and fun such as:

- Flower Arranging & Other Crafts
- Art Therapy
- Snooker
- Photography
- Women's/Men's Group
- Gardening Club
- Walking/ Cycling
- Alternative/Relaxation Therapy

Social Activities



Taking place mainly in the evening these activities are purely for socialising and fun.

They include:

- Quiz Night
- Cinema
- Drama
- Dance Workshop
- Music Appreciation
- Wii Fit Challenge

**Activities are subject to change*