

# Elevator



**Confidence**

**Skills**

**Teamwork**

**Health**

Elevator is designed to prepare people with emotional difficulties to take advantage of the opportunities that exist in their community. Elevator aims to support those most excluded from society to engage with all elements of their community. The key objective of the programme is Community Interaction, which involves the participants identifying activities within the local community in which they would wish to participate, and supporting them to access those activities.

The Elevator programme is built around four areas of activity, within which we will; support you to build your confidence, your social skills, and your ability to look after your health.

## **Community Interaction**

Together we will explore the interests of the group and agree activities, which the group wishes to try. The group will then source and arrange these activities within the local community.

## **Community Development**

Together we will explore the local issues that affect the group. The agencies, organisations and community groups appropriate to these issues will be identified and accessed.

## **Coping Skills**

COPE Scotland, a renowned local mental health project, will deliver a series of workshops designed to provide a range of tools that will make it easier for participants to self-manage their emotional health.

## **Quest**

This element will use outdoor education centres, mainly in the Trossachs, to get us back to nature and further build our confidence.

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