

For further information about WAVE please contact your nearest centre

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OUTREACH SUPPORT



or visit our website at www.wavetraumacentre.org.uk

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Outreach Support

WAVE's Outreach Support Service offers one-to-one support to people who have become socially isolated due to bereavement, injury or trauma suffered as a result of the 'Troubles'.

Through our Outreach Support Programme WAVE aims to improve the quality of life for those individuals who feel socially isolated and would benefit from regular contact and support from one of our highly qualified caseworkers.



Benefits of Support

Your outreach support caseworker will offer opportunities to help you build a supportive social network, decrease your sense of isolation and improve your emotional well-being and quality of life.

How do I Access Support Services?

By contacting your local WAVE centre you will be offered an initial appointment either in your own home, at your nearest WAVE centre or in a mutually agreed place.

At this stage the caseworker will give you an opportunity to talk about your experiences and how they have impacted on you. Because we understand that everyone has different needs the caseworker will ask you some questions which will assist them in assessing your specific needs. They will provide you with information about our support services and together you can decide which of these services would be most beneficial to you.

If you decide that Outreach Support is right for you, you will be offered regular visits.

These visits normally last for one hour and can be used to discuss any issues or problems that are relevant for you at the time. Your caseworker will provide an important link into other services which may be of help, and can provide assistance with applying for grants through the Victims and Survivors Service.

Other Help Provided

There may be times when you require specialist help or have training needs which your caseworker can help you access. Our Outreach team work alongside other professionals who provide individual counselling, complementary therapies, welfare advice, trauma training opportunities and facilitated peer group support. They will assist you to access services that are best for you.

Our Outreach Support service can open up new avenues of support and provide you with fresh direction. Depending on your needs you can also avail of a range of activities, including day trips to places of interest, therapeutic arts and craft groups, and classes and courses which will lead to increased self-confidence and a network of new friends who share similar experiences.