

REFERRAL FOR INVOLVEMENT WITH THE "CATHJA" WORKSHOP

Client Copy

Surname..... First Name.....

Address..... Date of Birth.....

..... Tel No.....

Postcode.....

Marital Status..... Gender.....

Home Circumstances.....

Previous Employment

.....

Please give the name, address and telephone numbers of the following people:

Doctor.....

..... Tel

Consultant.....

.....

Tel.....

C.P.N.....

..... Tel.....

Social Worker.

..... Tel.....

CPA Keyworker.....

..... Tel.....

Clinical Diagnosis.....

Current Medication.....

In-patient care including dates.....

Out-patient care including dates.....

Reason for referral.....

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Other relevant information.....

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Signature Date:

Many thanks for completing this form

Please Return to
The Manager, Friends of Cathja "CATHJA" - Rear of 20 Church Street, Isleworth Middx

Tel: 020 8560 8360 Fax: 020 8758 1861

Registered Charity No. 1084699

Date received Start Date Interview Date.....

FRIENDS OF CATHJA USE

HOW THE CATHJA PROJECT CAN HELP YOU

The project is a community-based workshop for people who have had some form of mental illness and are trying to regain control of their lives. It operates as a fairly small group – there are usually no more than ten people in the workshop at any one time – as too many would create an impersonal atmosphere.

The workshop has full-time staff and is well equipped with tools and machinery for woodworking and other related activities such as painting and varnishing.

There are two main aspects of the workshop philosophy. The first is the idea making your mark. When you make something, whether it be a box or a painting, you have invested something of yourself in the thing that you have made – this leads to a greater sense of self-worth and improves your confidence.

Secondly, a move away from dependence is encouraged. The ball will always be in your court as to when to have a tea break or how long you wish to stay at the workshop or any number of decisions. You should experience a growing power and confidence as you learn to take more control over your own existence.

The workshop is open from 10 am to 3.30 pm, Monday to Friday. It is important to realise that there are no pressures in the workshop. You are not going to be criticized for not turning out a certain body of work within a certain time, but by the same token the secure group setting should encourage you to be as creative and resourceful as you can.

The effect of spending even just a short time in the Cathja's productive and supportive atmosphere can be profound, and has already led to many so called "hopeless" cases regaining a positive attitude to life.

Written by Nick - Client