

## Other services offered by Restore

### ◇ Recovery College:

*Enrol on our free half-day courses to learn about types of mental health conditions and improving wellbeing.*

### ◇ Employment Coaching:

*Interested in finding out about courses, activities, voluntary work, or employment options? Our employment coach can offer sessions to support you in looking for what is right for you.*

### ◇ Recovery Groups:

*Our other recovery groups in Oxford provide activities such as gardening, woodwork, cooking, arts and crafts.*

**For further information about these services, please contact Grace, Lisa, or Louise at the Littlemore Restore Café.**



**restore**  
working for mental health

Littlemore Restore Café and Shop  
Littlemore Mental Health Centre  
Sandford Road  
Oxford

**01865 902098**  
**grace.ward@restore.org.uk**

Grace Ward    Recovery Co-ordinator

Lisa Hillier    Recovery Worker

Louise Hall    Recovery Worker



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*Littlemore  
Restore  
Café  
and Shop*



# Littlemore Restore

## Cafe & Shop

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### Who we are

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◇ Restore is a mental health service which provides a safe, therapeutic, and supportive recovery group for people with severe and enduring mental health problems.

◇ **Recovery staff and volunteers work to support, encourage, and empower people to gain structure and routine to their day, grow in confidence and in self-esteem, develop skills, and work experience in a supportive and low pressure café and shop environment.**

◇ We provide up to 7 places per day, available to in-patients who live on the Littlemore site and unable to access community projects; supported housing residents; or people who live in the community and are unable to find a service that meets their needs.

◇ **Members attend between one and three specific days each week, and hours are flexible so people with limited ground leave are able to attend.**



### What will I be doing?

You will be working with a team of recovery staff, volunteers, and members to help run the café and shop.

#### Café Work

- ◇ Cooking, baking, and food preparation
- ◇ Customer service and barista work
- ◇ Opportunity to attend a food hygiene course and gain a qualification

#### Shop Work

- ◇ Customer service
- ◇ Shop management, and shop work
- ◇ Stock-taking, delivery, and unpacking

### Do I need experience?

None at all! No prior cooking or shop experience needed, all we ask is that you have a willingness to learn and work on building up your recovery goals!

### How can I use the service?

You will need to be referred to our service. Talk with your OT, a member of staff from your care team, key worker, or GP who can contact Grace or Lisa at Restore.

### What can I expect from the service?

1. **Once we receive your referral you and your OT/keyworker will be invited to an assessment. This will help us to understand your mental and physical health support needs, recovery goals, and how our service can help you to achieve your goals.**

2. We will arrange a trial period for you to start with us.

3. **When you start, we will give you an induction into the workings of the environment.**

4. You will be provided a keyworker which will be Grace or Lisa. They will arrange review meetings with you every 3 months, this involves talking about how you are getting on at Restore, and helping you to set new recovery goals to enable you to get the most out of using the service.

5. **Restore is a stepping stone service which will support you to gain the confidence and skills to pursue opportunities in the community at a time that is right for you. When you feel ready we will discuss the next step with you.**