



"I feel better about life
and I'm more positive
about my future."

Sova Support Link.
We can help.

you.plus
Sova

Better support. Better lives.

Sova Support Link provides up to two years' mentoring support for people living in London, who are high-risk, high-harm and have long-standing personality difficulties.

Our mentoring support is provided by trained volunteers through an adapted 'Circles of Support and Accountability' model.

Our mentoring involves our clients meeting regularly with two or three volunteer mentors in their community, following a jointly developed goal plan.

Our mentors can give practical and emotional support to clients, focusing on helping them during periods of transition, for example:

- + from HMP Belmarsh LPPU back into the community**
- + from Approved Premises to independent accommodation**
- + or at the end of their community sentence.**

We can work with up to 60 individuals at any one time.

Regular reviews are held for the client, volunteer mentors and professionals to comment on how the mentoring support is progressing and to help set future goals.

Referrers must participate in client mentoring reviews every 14 weeks.

"Sova has made me feel better about life. There are people out there that care and want to help - it has made a big difference to my life"

Who is Sova Support Link suitable for?

Individuals who are:

- + 18 years and over
- + have long-standing personality difficulties
- + have a significant history of interpersonal violence
- + have a history of struggling to achieve in the community
- + are motivated to lead an offence-free life
- + have few social supports in the community.

Support Link is completely voluntary for individuals to participate in.

How do I refer?

Sova Support Link is available throughout London as part of the London Pathways Project and from HMP Belmarsh LPPU.

Referrals can be made through the Specialist Offender Manager and/or psychologists in the London Pathway Project.

When do I refer?

Whilst referrals can be made at any time, we do encourage people to get in touch at least three months prior to any significant transition, for example, release from custody, their move on from Approved Premises or at the end of their licence.

If you have any questions or would simply like to find out more, please do not hesitate to contact a member of the Sova Support Link team.

Want to know more?

To find out more about how the Sova Support Link project is helping to improve lives, contact one of our Case Managers today.

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Email. sarah.connor@sova.org.uk

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