

Next Step is part of the Mental Health Service. To access the facilities clients must be Mental Health Service users and referrals must be completed using RiO by a Mental Health Professional. Clients are to be accompanied by a member of the Mental Health Service to their initial appointment at Next Step in order to establish an Activity Plan. Structured sessions are offered to clients, who choose their own level of participation in the activities on offer;

Derby Square:

Computing clients can participate in IT training sessions which are available for novice users who need to learn basic skills, through to advanced training and further qualifications via the Isle of Man College.

Crafts for anyone wanting to explore their creative side with support for those who have never attempted this type of activity before. A large stock of materials, tools and equipment is available and we offer a relaxed and friendly atmosphere.

Brunswick Gardens:

Gardening clients can commit to investing as much of their time and effort in the gardening project as they wish. There are many different activities undertaken on-site and clients can decide for themselves which projects they would like involvement with.

Woodwork clients can utilise the woodworking sessions to learn new skills, or to develop existing ones. Projects of large or small scales can be undertaken and an instructor is on hand to advise and direct with the design and finish of projects.

All areas of Next Step Training Unit offer a supportive and pro-active environment, where mistakes are another part of the learning process. Activities run at the individual's pace, rather than to a set schedule or curriculum.

Derby Square

Computing: Next Step has a modern and effective IT training suite. We offer a wide range of activities to those clients with an interest in computing, and clients identify the activities and level most suitable to them and their ability. An instructor is available to assist with individual training needs, and a wide range of training materials and equipment is on offer to each user. The key IT training areas include;

BASIC computing: for clients who have never used computers before or for those who feel their skills are not up to date we start by working on beginner skills.

ECDL and Advanced IT skills: European Computer Driving Licence, also known as ICDL – the I standing for International

Multimedia skills: For anyone interested in working on image manipulation/creation, audio/music projects, video and photo editing we have quite a lot of options to choose from.

Clients are welcome to bring their own multimedia devices for use in sessions; Digital cameras, MP3 players etc.

Arts and Crafts Next Step has a spacious, well equipped dedicated craft room. Clients of all abilities join sessions and are able to work on projects which interest them.

Anyone with an existing interest or hobby is welcome to devote their sessions to working on their own projects, but clients who have never done any arts and crafts previously have a safe environment, packed with a wide variety of options to try.

- You don't need to be able to paint or draw to enjoy crafts
- No judgements – only positive suggestions and ideas

- 'Give it a go' attitude – clients are encouraged to relax into the activity
- Clients are encouraged to experiment, from this they can gain the confidence to give themselves permission to make mistakes
- Materials and equipment for crafting activities is provided without any charge to clients
- Clients who actively participate in crafting are welcome to bring their projects and equipment to sessions
- Storage is provided for client projects, equipment and materials
- Clients can incorporate computing sessions to; reproduce photos, create and print designs and colour schemes, produce text and graphics to add to craft projects

Brunswick Gardens

The entire site is over five acres, but the group currently operates over approximately one third of this area. Projects are agreed between the instructor and the clients. Clients invest as much or as little effort in these projects as they wish.

There is a woodwork workshop on the Brunswick site which is equipped with materials and tools required to undertake large or small-scale projects.

An instructor oversees all woodworking activities and projects, and can offer suggestions for novice tool users.

Anyone who has an interest in learning new useful skills is welcome to join sessions.

- Growing plants from seed; work is done all year round in the site's greenhouse, fruit cage, flower beds, cold frames, herb gardens

- Watering, weeding, site maintenance.
- Large-scale garden landscaping projects
- Aesthetic projects; decoration of structures and themed areas within the project
- Detailed ornamental projects
- Use and functions of gardening and woodworking tools
- Creation of furniture, toys and other items for home use

In the summer months we like to host bar-b-ques for our client group on the site, so that everyone can appreciate the work done on the site, and enjoy the social aspect of attending Next Step.

Contact details

The Next Step team:

Unit Coordinator
 IT instructor and Arts and Craft Instructor
 Can be contacted on:
Telephone: 616686

The Brunswick Gardens staff team:

Gardening Instructor
 Woodwork Instructor
 Can be contacted on:
Telephone: 497050

Hours of operation are:

Monday – Friday 08:30 – 16:30

Client Session times are:

	Mon	Tue	Wed	Thurs	Fri
Start	09:30	09:30	09:30	09:30	09:30
Finish	12:00	12:00	12:00	12:00	12:00
Start	13:30	13:30	13:30	13:30	
Finish	16:00	16:00	16:00	16:00	

Next Step Training Unit, 26-27 Derby Square,
 Douglas, Isle of Man, IM1 3LN

The information in this leaflet can be provided in large print or on audio tape, on request.



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Mental Health Service
 Next Step Training Unit

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Department of Social Care
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