



The Bridge Club

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East London
NHS Foundation Trust

Aim

The aim of the project is to promote service user independence and levels of self-directed community engagement.

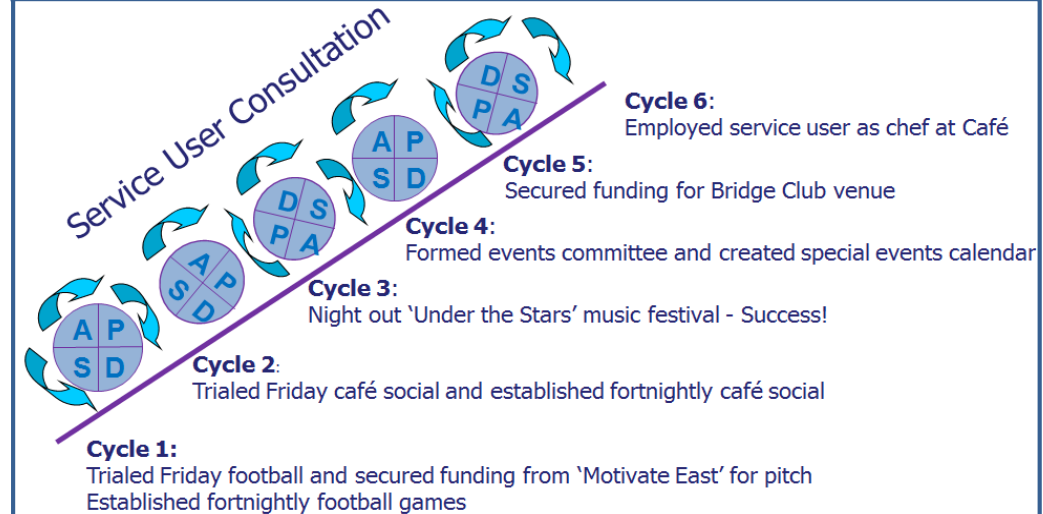
Why is this important to service users and carers?

Bridge gap between hospital and community

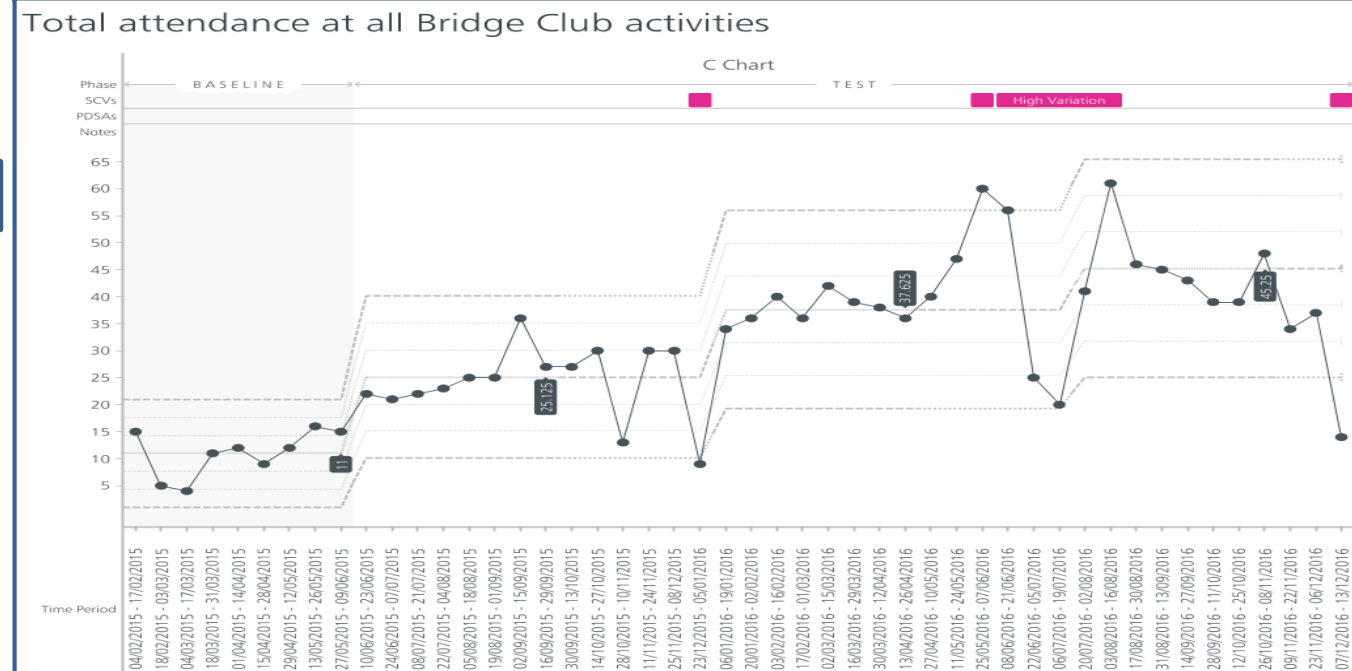
- Reduce social isolation
- Provide opportunities for development and maintenance of healthy relationships and networks of support
- Provide opportunities for service users to pursue own interests
- Promote physical and mental health and wellbeing of service users
- Improve motivation and self efficacy



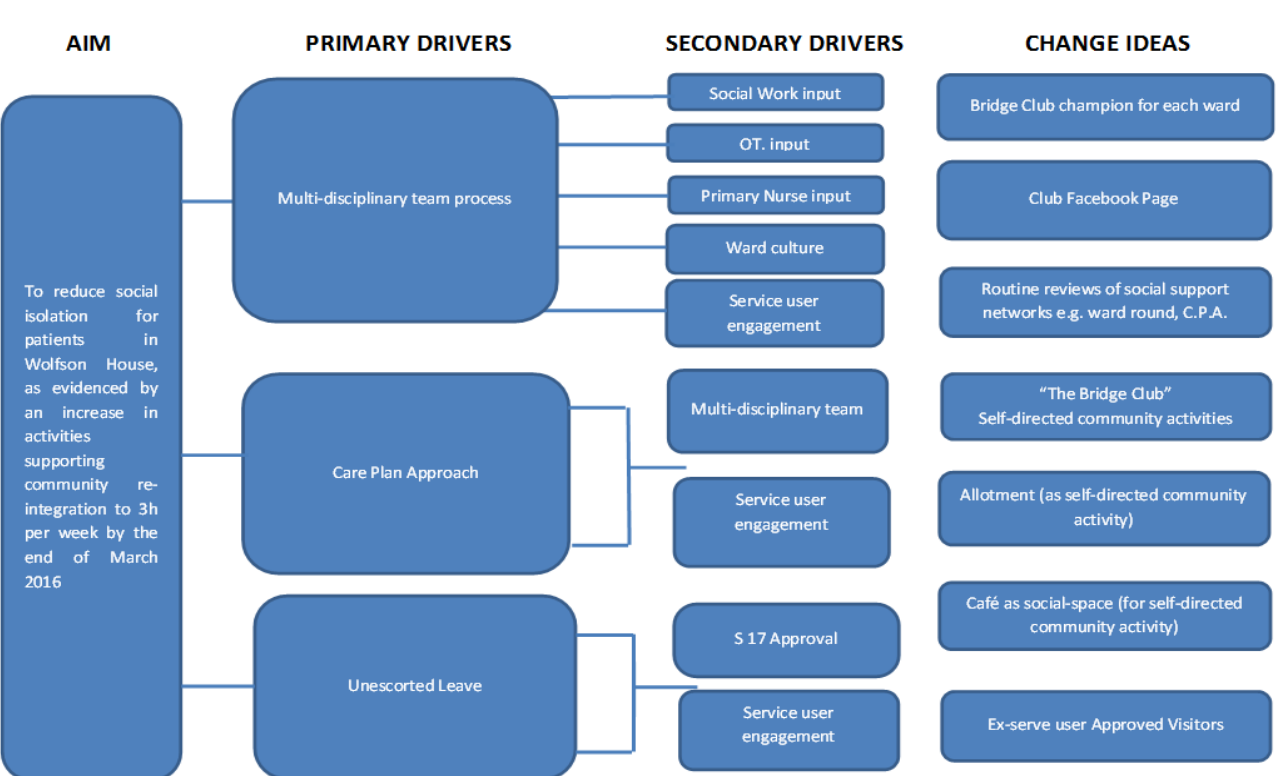
Tests of Change



Data



Driver diagram



Learning

- It can be really hard work, but the rewards are worth it. The club has created it's own community within the community!
- Be ambitious! The Bridge club now considering a group holiday.
- Be creative! So many things are possible if you can imagine them.