



## Mental Health Awareness Week: Help make Next Steps trips possible



Every year Charlton Athletic Community Trust (CACT) takes groups of clients from Oxleas NHS Foundation Trust and Kent & Medway NHS and Social Care Partnership Trust (KMPT) on residential trips to Cornwall.

The clients are at an advanced stage of their recovery from psychosis and the trip is part of a long-term programme which sees clients interact with CACT on a weekly basis with a range of activities.

For the next two weeks we'll be down in Cornwall with groups of clients supporting them in their recovery. The Next Steps trip lasts 5 days and it gives participants the chance to take part in activities they wouldn't otherwise do, such as coasteering and ziplining, in preparation for them being reintegrated back into society.

As it is Mental Health Awareness Week, we're reaching out for your support. Our team are down in Cornwall this week supporting clients with their recovery due to the fantastic support of Faithorn Farrell Timms, however we need your support to fund future trips in 2023.

**If you can, please consider donating today to support the programme and future residential.**

**Every donation made this week will be matched by The Big Give, so please give generously!**

**A recent evaluation report found that 100% of clients thought their relationships and support received from staff was excellent, and 94% rated the activities on offer as excellent with the other 6% believing they were good.**

When asked what it means to be able to attend these trips, one client said:

*"Being able to get away from regular life and have a break has let me completely reset. It's inspired me to want to get my life progressing again."*

When asked what they have achieved as a result of this trip, another client said:

*"I managed to overcome my fear and have confidence of doing things in which I can apply to my personal life when it comes to certain situations. I also managed to encourage others in the sense of motivating them."*

Take a look at the video below to see the activities the group gets up to and hear from staff members about the benefits of the trip.

[Donate here!](#)



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**We need your help to make  
future trips possible!**

[Donate today and your donation will be doubled!](#)

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[Read about the programme's impact](#)



## Our Partners

Principal Partner



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