

## Staff Team

**Marc Colson: Manager**  
**Jenny Blackie: Senior Project Worker**  
**Mel James: Occupational Therapist**  
**Cleo Ellis: Occupational Therapist**  
**Andy French: Project Assistant**  
**Alison Luscombe: Admin Officer**  
**Maree Collier: Admin Assistant**

## Becoming a member

You do not need to be referred to this service, but you will need to pick up an application form from our centre at 22 St David's Hill, (Telephone 01392 257757)

They are also available from most homeless agencies across the city, or from your support/ key/resettlement worker.

Applicants will need references usually from their key worker, probation worker, carer, resettlement worker or outreach worker.

## WHO IS ELIGIBLE

To be eligible you must be over 18, homeless, or in vulnerable/temporary housing or receiving floating support for your accommodation needs.



## CONTACT DETAILS:

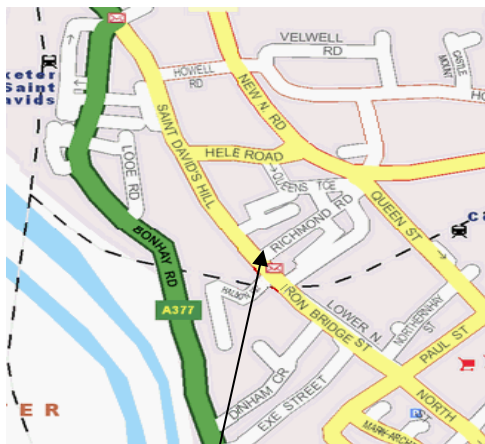
**Meaningful Occupation Project**  
**22 St David's Hill**  
**Exeter**  
**EX4 3RQ**  
**Tel: (01392) 257757**  
**email: mopinfo@shilhay.org.uk**

**For more information and an application form please**

**Call 01392 257757**

*We look forward to meeting you*

## HOW TO FIND US:



**MOP is here**

**Central Office:**  
**Exeter Shilhay Community Ltd**  
**1<sup>st</sup> - 3<sup>rd</sup> Floor, Armada House,**  
**15 New North Road,**  
**Exeter, EX4 4HF**

Web: [www.shilhay.org.uk](http://www.shilhay.org.uk)  
email: [enquiries@shilhay.org.uk](mailto:enquiries@shilhay.org.uk)

**Registered Charity Number 262785**  
**Company registration Number: 1011534 England**



# MEANINGFUL OCCUPATION PROJECT

**Meeting aspirations  
through activity,  
education and training**

## What is the Meaningful Occupation Project (MOP)?

The Primary Objective of the project is to enable people who are homeless or vulnerably housed to achieve more purpose, quality and choice in their lives, in order to promote increased self worth and enhanced quality of life.

### *Our Mission...*

***To facilitate, support and motivate all participants to realise and maximise their aspirations***

## Our Project has three main aims:

- To Build Self Esteem
- To support individuals in personal development and improving their life skills
- To Reconnect People into Social Networks and leisure activities away from the Streets

## How...?

We achieve this by providing a variety of activities and workshops including

- soft skills and creativity,
- healthy living activities,
- basic skills in computers,
- maths and literacy,
- training
- in housing applications
- maintaining tenancy's,
- support with accessing training, education and employment,
- life skills
- personal development groups,
- volunteering opportunities.

We concentrate on individual aspirations as a key motivating factor in personal development, actively encouraging participation in trying new things and developing new skills, as well as recommending specific activities which can meet individual needs identified in the assessment process.

The project is a fundamental link for both street homeless and vulnerably housed people.

It relieves boredom and isolation, and helps towards improving self esteem, promoting personal growth, increasing independence and assisting with sustained tenancies.



We work in partnership with many agencies to give the best possible advice and support for people wanting to improve their situation by doing something more purposeful.

Research shows that meaningful occupation promotes purpose and choice, and leads to enhanced quality of life.

## Community

We firmly believe that people should be given the best opportunity to grow and realise their aspirations.

We also believe that people who are homeless or vulnerably housed should be treated with respect and be included into 'mainstream' activities including work, education and leisure in the community.

Through adopting **Occupational Therapy** values and Models of working, we offer comprehensive holistic assessments and personal development plans to assist individuals in achieving their aspirations.

In addition, we offer informal advice, guidance and support to people with specific difficulties, or who want to enter 'mainstream' activities in order to reach their goals.

We acknowledge that for some individuals this is a big step to take and so we provide a range of activities that will allow people to try new things in order to boost confidence and self esteem.

Activities have included

- Tai chi,
- Photography
- Arts and crafts
- Spanish
- IT
- cooking
- Basic budgeting
- Basic skills,
- Studio recording
- Drama.

Through grading activities and using a person centred approach, we are able to support individuals in progressing towards education, training, employment and housing within 'mainstream' society.

As a member-focused project we do our best to accommodate the needs of individuals and groups and actively engage members to help plan, facilitate and develop our activities.

This includes involving our members as trainee tutors for a variety of groups, and offering an accredited tutor training course.