

## EXAMPLE DAYTIME SCHEDULE

Alongside our 1:1 client appointments, a range of rolling activities are delivered each week including:

### Monday

Community time - person centred small group.  
LGBTQJ meet and chat.

### Tuesday

Introduction to Mindfulness to enhance awareness.

### Wednesday

Arts and craft therapy sessions.  
Drop in 'pathways to employment' advice.

### Thursday

Small group therapy sessions / 'Fellas' chat.  
Lived experience forum/peer mentor training

### Friday

Certificated learning and community meal.

## Scan this QR code to find out more about us

Can't scan?

Simply visit

<https://bit.ly/3KIPHmv>

open seven days a week  
Daytimes

11:00 - 17:00

Evening appointments  
and urgent assistance

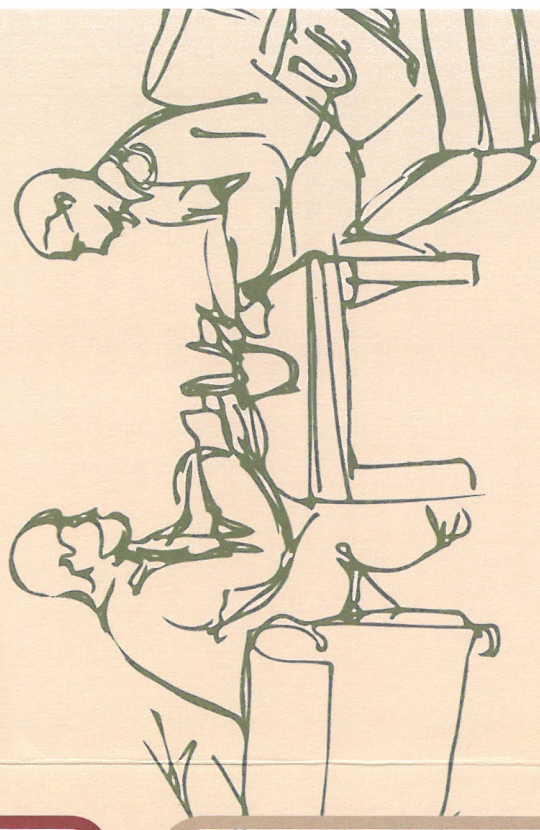
19:00 - 00:00



Search: Steam Cafe King's Lynn



TRUSTED MENTAL HEALTH SUPPORT



## A safe space to seek mental health and wellbeing support

open seven days a week

Daytimes (walk ins welcome)

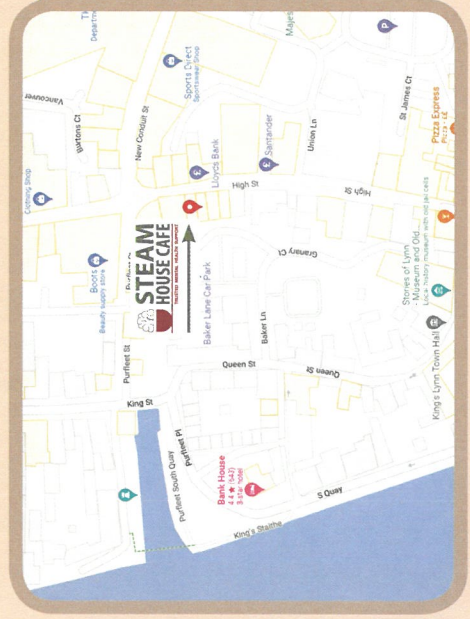
11:00 - 17:00

Evening appointments  
and urgent assistance

19:00 - 00:00

Need immediate support  
or don't feel like you can  
keep yourself safe?

Ring 111 and select  
Mental Health



Find us at:

102 High Street | King's Lynn | Norfolk| PE30 1BW

Tel: 01553 401831 or Mobile/Text 07388 377827

Email: [steamkl@accessct.org](mailto:steamkl@accessct.org)

Local community feedback/ideas

We really welcome your thoughts and  
suggestions as these will help us shape  
future provisions.

Share your thoughts by email to:

[steamkl@accessct.org](mailto:steamkl@accessct.org)

STEAM House cafes are  
proudly powered by

**access**

Your Community Your Trust

Working in partnership with Norfolk  
& Waveney Integrated Care System







Welcome to STEAM, a unique and safe café-styled space with a fully-trained multidisciplinary team, offering holistic support to adults experiencing mental health crisis – day or night

Drawing on experiences and learnings from decades of assistance to those most vulnerable in our community, STEAM provides clients with a calming and informed environment beneficial to their needs.

Our safe havens provide guidance, support and personalised pathway plans, which are mindfully coproduced over a period of time with our team, to enhance future wellbeing for the client.

STEAM provides person centred intervention assistance to support primary services across Suffolk and Norfolk.

Reach out for more information on our approach or to make a simple referral on a client's behalf.

Holly Bridges (Pronouns: she/her)  
STEAM Service Manager (KL)

STEAM House cafes are proudly powered by

# access

Your Community Your Trust

Client support at STEAM House Cafes is delivered using five key themes:

## SUPPORT



Journeys begin with a simple face to face assessment of need. By understanding client requirements and introducing them to our service offering, core elements of trust and commitment are established.

## TRANSFORM

Personalised intensive support plans are identified, understood and then self managed by the client with ongoing team support. This could involve CBT, 1:1 or group engagement activities from our single cohesive environment.

## EDUCATE



Providing educational tools to assist clients' with their needs. Our support provides a nutritional 'good mood' food offering throughout the day, which highlights the importance of maintaining a well balanced diet for a healthy mind and body.

## ASPIRE



Assisting clients' future ambitions by providing a route to achieve via lived community networking, wellbeing support and employment pathways. Access to guidance across housing, benefits, domestic abuse, LGBTQ+ and more.

## MOTIVATE



Our team remain available throughout the client's journey, face to face and/or virtually, to offer further light touch assistance as required. This fully inclusive wraparound support aids the client to achieve their full potential.

What do our clients think of STEAM?

"STEAM is my safe place to come, when I feel the most unsafe."

"It's great that I can just walk in and someone is there that I can talk to."

If it wasn't for this place I'm not sure I would have coped with my health. I have dissociative disorder and I do have bad attacks and they know what to do if I have one. It's so relaxed and a perfect place to come."

## LEAF lived experience advisory forum

Access Community Trust is committed to developing of provisions that are driven by the insights and feedback from our customers and the local community.

Our STEAM cafes have their own Lived Experience Advisory Forums, to ensure we are meeting the needs of those that use them and to support the voice of lived experience being heard within the wider mental health system.

We proudly offer free personal development training and support to ensure that those with lived experience can build their skills and confidence to ensure their expertise can support positive change.

To be involved or to find out more please contact our LEAF service manager Beth



07435 946043  
beth.stephens@accessct.org

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