

# High Flow Explained....



## Other Services

You are unique and so is our approach, you choose what support you need

Holistic support for people who have multiple needs in North Devon and Torridge, which empowers you to take back control of support from the first contact with us. Our model enables you to decide what is best suited to you and not the professional deciding on your behalf. We will learn together to see how this works as the options below can easily be interchangeable and available for access at a time that works for you.

### Peer Mentors

Our peer mentors are people who have lived experience and who can work with you to provide hope and support. They are also able to connect you with other mentors depending on your individual needs and ultimately support you to become a peer mentor in the future.

### Full Casework

The high flow caseworker will offer you intensive caseworker support. You will also have access to Team around the person (TAP) and/or Community around the person (CAP) approaches and access to support from a peer mentor if you wish.

### The TAP Approach

You will have support from a coordinator to build a team around you. This approach ensures a team is pulled in and support flows around you so you don't have to tell your story multiple times, just once and have it heard. TAP ensures all those helping are all communicating effectively and working together to ensure you receive the best support possible. TAP meetings are person and consent led by you and which services attend is your choice. This maybe suitable where you already have an identified caseworker.

### The CAP Approach

You will have support from a coordinator to build a community around you. Like the TAP approach a team is pulled in and you will have support from Community Connectors to help bring the community in and connect with local activities, events, community support services to improve your social wellbeing.

### Signposting

You will be signposted to areas of support that may be better suited to you, this may include other Flow projects or other internal or external services.



SUPPORTING  
MALE SURVIVORS  
OF CHILDHOOD  
SEXUAL ABUSE

### Momentum

Supporting male survivors of childhood sexual abuse. If and when you're ready to make contact, the phone is the surest way to get hold of us.

Call on:

**07773 151 080**

We are a group of supportive men, you will be welcome and understood you don't need to be alone with this anymore. The best time to contact is between 9am and 12.00 Monday to Friday, but we will always endeavour to respond to your call as quickly as we can.

Or you can complete a contact form on our website:

[www.momentumdevon.org.uk](http://www.momentumdevon.org.uk)

Momentum are now running face to face support groups fortnightly in Barnstaple, please contact them for more information.