

# Community Partnerships

Date: 17 May 2021

Dear Nobel House Resident,

## **RE: SUPPORT FOR YOUR MENTAL HEALTH AND WELLBEING.**

I am contacting you, to offer my support if your mental health and wellbeing is being affected by the issues related to the cladding and fire safety problems at Nobel House.

My name is Eli Karlicka-Cook, and I am a Community Development Worker with Reigate and Banstead Borough Council. I have spoken to a few residents who have shared with me their experience of significant stress and anguish. They talked to me about the negative impact the current situation is having on their wellbeing and their concerns about money, safety, and the future.

I have experience of working with individual residents to signpost them to the most appropriate wraparound services, to help them resolve their issues. I have knowledge of the community provision available as I work closely with, both local voluntary and statutory organisations. I would like to offer my help to those residents who want to access wellbeing support, to better cope with this difficult situation.

I can provide information on services you can access locally, but I am also able to listen to you to understand what might make a difference to your situation. Some residents might benefit from support from the local Wellbeing Prescription service. You can engage with Wellbeing Prescription either via a self-referral or by a professional referring you, such as a GP or myself. The team offers 1 to 1 sessions with a qualified Wellbeing Advisor who can provide specialist guidance, to support you manage and improve your health and wellbeing.

If residents would like to start a group to provide practical and emotional support to each other, I would be able to help to facilitate this.

- [www.reigate-banstead.gov.uk](http://www.reigate-banstead.gov.uk) • Follow the council on [twitter.com/reigatebanstead](https://twitter.com/reigatebanstead) •

If you would like my help or support, please get in touch either by phone: 07974 325000 / 01737 276116 or via e-mail: [eli.karlicka-cook@reigate-banstead.gov.uk](mailto:eli.karlicka-cook@reigate-banstead.gov.uk).

I look forward to hearing from you.

Yours faithfully,

*Eli Karlicka-Cook*

Eli Karlicka-Cook  
Community Development Worker (Redhill West)