

# momentum

working with people in scotland  
to build an **equal** future

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**equal choices**  
**equal chances**  
**equal futures**

## Want to know more?

To arrange for an informal discussion,  
contact any of our staff on **0141 949 4885**

### THE ENERGISER PROGRAMME

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## The Energiser Programme

The first  
step towards  
inclusion

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## Momentum

**Momentum** enables and empowers disabled and excluded people throughout Scotland to identify and achieve their life goals.

By developing and delivering high quality programmes, **Momentum** promotes equal chances, equal choices and equal futures for more than 1000 people every year.

## The Energiser Programme

One of **Momentum's** innovative programmes is **Energiser**, which is designed for those who are unemployed with a long-term illness, a physical disability, a sensory impairment, and/or an addiction.

## What is Energiser?

The first step towards social inclusion, this twelve-week programme is 50% centre-based and 50% community-based. Working in groups of around eight people, clients will address such issues as working with others, problem-solving, confidence-building and health management. Creating a pro-active and dynamic environment, each group member becomes more aware of themselves as individuals, their well-being, and the value of productive activity.

The local community, which is seen as a valuable asset, is extensively utilised by each **Energiser** group in an inclusive approach to personal development.

## Personal Support

**Momentum's Energiser** staff ensure that each client has access to a full range of personal support within the community. This can include money advice, welfare rights advice, addiction support, family support, advocacy, and issue specific counselling. To achieve this, the **Energiser** staff actively manage an extensive network of individuals, groups and services, all of whom have a role to play in supporting our clients.

## Our Partners

Two local organisations are contracted to deliver highly valued elements of **Energiser**. The Drumchapel Adventure Group provides a week-long, residential outdoor experience, which takes place in the later stages of the programme and is designed to test and establish the confidence and skills already acquired. COPE (Caring Over Peoples Emotions) provides an introduction to personal goal setting, along with a series of tasters in stress management techniques, such as aromatherapy. Our clients are then free to identify, and continue with, the tools that suit them best.

## What Next?

During the second half of the Programme, our staff work with each client to ensure that there are practical, solid goals for the future, and that the first step towards these goals is concrete and in place. Examples of that first step could be accessing an issue specific support group, learning a new vocational skill or undertaking some voluntary work.