

# momentum

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

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

## Want to Know More?

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RehabGroup  
Investing in People, Changing Perspectives



This leaflet is available in alternative formats

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## The Starting Point Programme

The first step  
towards your goal.

**GO**

## Challenging Addictions Together

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## Momentum

**Momentum** is a national not-for-profit organisation which works in partnership to enable and empower disabled and socially excluded people to identify and achieve their goals.

Our programmes promote equal chances, equal choices and equal futures for more than 2,000 people every year, assisting them to achieve greater independence, move towards jobs, and remain active citizens in their own communities.

**Momentum** is part of the Rehab Group, which has been leading the way internationally in the provision of services for disabled people for 60 years.

## What Is Starting Point?

**Starting Point** is a new and innovative group work programme which is run by Momentum as part of the STAR partnership (Supported Training and Rehabilitation). The programme is open to people who are aged 18 – 65, live in the Glasgow West & Central Community Planning areas, and who have or have had a drug or alcohol problem.

This twelve-week programme aims to give people the opportunity to improve their quality of life and move forward through engaging with their community and with new experiences.

## What Is On Offer?

We offer both centre-based and outward-bound group sessions from Monday to Friday. Each session will last approximately two hours, with a maximum of five sessions per week. Outward-bound activities will generally last longer. In addition to this, each individual will have a Momentum Link Worker, who will offer a one-to-one service.

### These sessions include:

- Complementary Therapies
- Medical advice
- Debt counselling
- Coping with emergencies
- Community art
- IT skills
- Cooking skills
- Sports
- Guest speakers

## Putting You In Control

At **Starting Point** each individual sets themselves targets as to what they want to do next. People are fully supported by staff to make informed choices. Our team helps to identify barriers in service users' lives and support them to address these challenges and to move forward to the next positive step.

## What Next?

**Starting Point** gives a taster of the opportunities that exist. During the twelve weeks individuals will work with Starting Point staff to identify goals for the future and the first step towards these goals. Examples of that first step could be accessing a relevant support group, learning a new vocational skill or undertaking voluntary work. Some people may wish to sign up to other programmes within Momentum, or external agencies in Glasgow. Other people may want to access other opportunities in their community and Starting Point will support them to do this.