

Momentum Brief

A concise introduction to Momentum support
SUPPORT. STABILITY. MOMENTUM. OPPORTUNITY.

Change rarely happens during a one-hour appointment.

It often depends on what happens in the time between appointments: whether someone can remember the next step, remain connected to support, manage uncertainty and continue moving forward when life becomes difficult.

Momentum is the practical, relational support offered by The Horizons Project. It is designed to help people maintain progress alongside the professional and community services already involved in their lives.

What is Momentum?

Momentum provides purposeful support between appointments.

It may offer encouragement, continuity and practical prompts at times when a person is trying to follow through with advice, remain engaged with services or maintain progress towards a personal goal.

The focus is on what matters most: helping individuals organise manageable next steps, reflect on what is helping and remain connected to the direction they have chosen, rather than taking control or doing things on someone's behalf.

Why does Momentum exist?

People may leave an appointment with a clear plan, good intentions and a genuine desire to make progress. However, the time between appointments can bring:

- anxiety or uncertainty;
- competing demands;
- reduced confidence;
- difficulty organising priorities;
- practical barriers;
- disrupted routines;
- feelings of overwhelm;
- loss of contact with the original purpose or next step.

These difficulties do not necessarily mean that the person lacks motivation. They may mean that progress needs support, continuity and reinforcement while confidence and natural momentum develop.

Who may benefit from Momentum?

Momentum may be useful for individuals who:

- are trying to maintain progress following counselling, motivational work or other professional support;
- are following advice from a dietitian, health professional or wellbeing service;
- are considering college, training, volunteering or returning to work;
- are building confidence as an adult learner;
- are finding it difficult to remain engaged with appointments or services;
- are managing a period of change, uncertainty or instability;
- know broadly what they want to do but find it difficult to maintain the process;
- would benefit from calm encouragement and help prioritising manageable steps.

These examples are not a checklist. Suitability is considered individually and depends on whether Momentum is likely to be useful, safe and within the Horizons remit.

What might Momentum include?

Momentum support may include:

- identifying a realistic next step;
- helping someone prioritise what matters most;
- preparing for an appointment or conversation;
- reflecting on advice already received;
- following up an agreed action;
- practical prompts or reminders, where agreed;
- encouragement during periods of uncertainty;
- helping someone remain connected to existing services;
- supporting the maintenance of routines, plans or personal goals;
- brief, purposeful contact between formal appointments;
- reviewing what is working and what may need to change.

The exact form of support will depend on the individual's circumstances, goals and existing support arrangements.

A simple Momentum pathway

1. **Understand:** Horizons listens to what is happening and what appears to be interrupting progress to decide whether Momentum is appropriate, without collecting unnecessary personal detail.
2. **Prioritise:** The individual is supported to identify what matters most and what manageable next step may help.
3. **Maintain:** Momentum provides appropriate encouragement, continuity or practical prompts while the person works towards the agreed purpose.
4. **Review:** Support is reviewed to consider what is helping, what is changing and whether Momentum remains useful.
5. **Move forward:** As confidence, stability and natural momentum increase, support may reduce or come to an end.

What Momentum is not

Momentum is not:

- counselling or psychotherapy;
- crisis or emergency intervention;
- a clinical assessment or diagnosis;
- medical, legal or financial advice;
- formal case management or statutory support;
- a replacement for health, housing, recovery, probation or other professional services;
- a service that takes control of decisions on someone's behalf;
- indefinite support without review, purpose or boundaries.

Horizons will be clear about what it can and cannot safely provide. Where Momentum is not suitable, another organisation or professional may be better placed to help.

Working alongside existing services

Momentum is designed to complement existing services rather than replace them. Professional appointments provide expertise, treatment, assessment, advice or formal planning. Momentum focuses on the period between those appointments, helping a person prepare, organise questions, remember agreed actions, reflect on what happened, stay connected, and communicate progress or difficulty.

Horizons does not assume responsibility for the work of another service and will not operate beyond its own remit.

Consent, confidentiality and information sharing

Momentum is based on clear consent and respectful communication. Before ongoing support begins, Horizons will explain the purpose of support, contact methods, boundaries, confidentiality limits, recording practices, when information might need to be shared, and how support is reviewed or ended.

Information sharing is necessary, proportionate, and connected to a clear purpose. Safeguarding responsibilities and legal duties may sometimes require information to be shared without consent, which will be explained wherever safe and appropriate.

Professional consultation and reflective practice

Horizons may use professional consultation or reflective supervision to consider remit, boundaries, suitability, safety, and whether support should continue, change, or end. This consultation is about the safety and suitability of support, not a clinical assessment or diagnosis.

Review, ending, and the central principle

Momentum is purposeful support with a clear reason, reviewed as circumstances change. Support may reduce or end when goals are achieved, confidence increases, other services take over, or boundaries cannot be maintained. Ending well involves discussing progress and next steps.

The central principle: Momentum is not about creating dependence. It is about reducing the distance between intention and action, helping someone remain connected to their own purpose, use surrounding support, and continue moving forward with increasing confidence and independence.

Contact

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Website: www.horizonsproject.uk

Important note

The Horizons Project provides non-clinical, practical and relational support. It is not an emergency or crisis service.

If you or someone else is in immediate danger, contact the emergency services or an appropriate crisis service.

The Horizons Project

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