

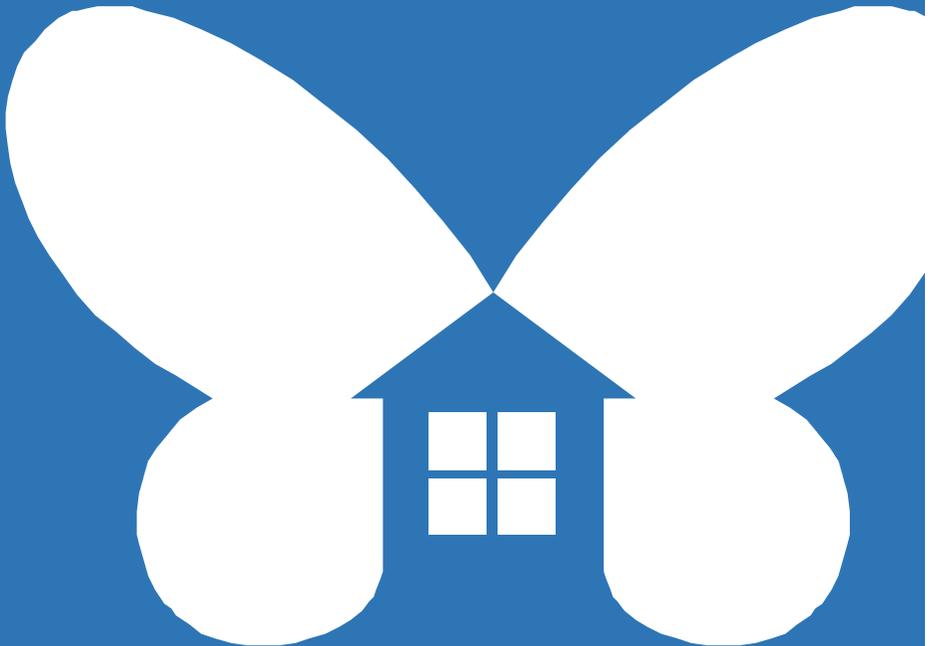
www.sgmind.org.uk



Swindon and
Gloucestershire

A Guide for Guests

The Alexandra Wellbeing House



Who are we?

The Alexandra Wellbeing House is located in Gloucester and is a partnership project between Swindon and Gloucestershire Mind and Together NHS Foundation Trust. The service offers a preventative approach for individuals who are experiencing challenges related to their mental health in a safe and secure environment.

Where are we?

The Alexandra Wellbeing House is situated within the centre of Gloucester and is within walking distance of the City Centre. The service can accommodate 5 people (Guests), each with their own individual bedroom and shared communal areas in a relaxing setting. There is a shared kitchen, lounge, quiet room, craft room and garden with a summer house.

What do we believe in?

Alexandra Wellbeing House places recovery and empowerment at the heart of our Service. Therefore, we all demonstrate the recovery values of:

- **Open:** We reach out to anyone who needs us.
- **Together:** We're stronger in partnership.
- **Responsive:** We listen, we act.
- **Independent:** We speak out fearlessly.
- **Unstoppable:** We never give up.

How can The Alexandra Wellbeing House Help Me?

Guests can stay and access support for up to two weeks in a therapeutic environment, promoting recovery and wellbeing.

- Time for reflection and space to think and time away from the causes of issues and problems.
- Safety and Support Planning with Wellbeing Staff via the Five Ways to Wellbeing Plan (available on request).
- Wellbeing Follow Up Call following your stay.

Address: Alexandra Wellbeing House, 29-31 Alexandra Road, Gloucester, GL1 3DR **Tel:** 01452 245338 **Web:** www.sgmind.org.uk

Five Ways to Wellbeing

During your 2 weeks stay at The Alexandra Wellbeing House, staff will help you to create a support plan via the Five Ways to Wellbeing:

Connect...

With people around you. With friends, family, colleagues and neighbours. Strengthening these connections will support and enrich you every day.

take notice...

Be curious. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Reflecting on your experiences will help you appreciate what matters to you.

keep learning...

Try something new. Rediscover an old interest. Set a new challenge you will enjoy achieving such as signing up for a course, fixing a bike or cooking your favourite food.

be active...

Find an activity you enjoy. Go for a walk, garden, dance, just step outside. Exercising at a level suits you will make you feel good.

give...

Do something nice for a friend or stranger. Thank someone. Smile. Volunteer your time. Seeing yourself linked to the wider community can be incredibly rewarding.



Five ways to
wellbeing

How can I Stay?

Referral

A referral and risk screening will need to be completed and sent directly to us with an up to date clinical risk assessment within the last month via your healthcare professional or support worker (i.e. Care Coordinator, GP or key worker).

When the referral has been received we will contact you and/or your referrer within 4 working days with the outcome of the referral.

Assessment

If an assessment is offered it will be arranged within 30 days of a referral being made and will be carried out by two members of Staff.

It is requested that you attend the assessment with the person who referred you or a friend or family member can also attend.

A decision will be made on whether a stay is offered no longer than 2 days after the date of the assessment.

Stay

A stay of up to two weeks will be offered when possible by Staff.

You will be updated on an ongoing basis until a date has become available.

When a date has been agreed upon you will start your stay at The Alexandra Wellbeing House.

2gether
Making life better

Foundation Trust
For Gloucestershire 

 **mind** | Swindon and Gloucestershire
for better mental health