



Swindon and
Gloucestershire



A Guide for Guests

Alexandra Wellbeing House



Gloucestershire Health and Care
NHS Foundation Trust



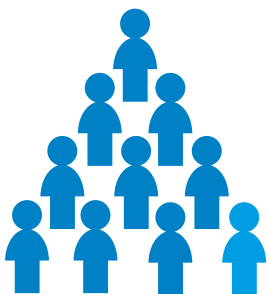
About Us

The Alexandra Wellbeing House offers a preventative approach for people experiencing mild to moderate mental health challenges who may be at risk of mental health admission, crisis and/or relapse.

The service provides a safe, therapeutic environment for adults experiencing mild to moderate mental health challenges who need up to two weeks support and advice from wellbeing support staff.

The service is staffed Monday to Sunday during the day with an on-call system available during the night.

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



96%

Friends and Family Test

96% of Guests who completed a stay in 18/19 would either 'Extremely Likely' or 'Likely' to recommend the Alexandra Wellbeing House to their friends and family.

The services aims are to:

- Support Guests to develop safety and support planning to help prevent further deterioration of mental health which may result in hospital admission.
- Support Guests who have been discharged from hospital so they can move back into the community (if they have their own secure accommodation arrangements following a stay with us).

The service offers:

- Time for reflection and space to think and time away from the causes of emotional, environmental and social problems.
- Individual and person-centred support that focuses on specific outcomes via the Five Ways to Wellbeing Plan which includes personal safety and support planning.
- Wellbeing Follow Up Call after a stay has been completed.

Guests recovery and empowerment is key to our service, based on our core values:

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.



Guest Feedback

‘Really helpful to my mental health and a very positive experience. It’s been like a sanctuary’.

‘I have a better understanding of my mental health and would like others to have the same opportunity’.

During your stay staff will support you 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.



96%

Warwick Edinburgh Mental Wellbeing Scale

96% of Guests who completed a stay at the Alexandra Wellbeing House in 18/19 either maintained or improved their wellbeing score.

How Can I Stay?

A referral and risk screening form will need to be completed and sent directly to us, alongside an up to date clinical risk assessment within the last month.

When the referral has been received, we will contact you and/or the person who referred you within 4 working days.

Assessment

If an assessment is offered it will be arranged within 14 days of the referral being received. If possible, it is requested that you attend the assessment with the person who referred you and/or a family member or friend.

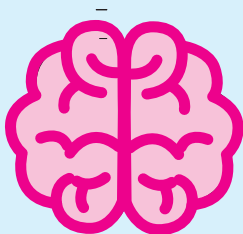
Decision

The panel will review all the information on whether a stay is offered no longer than 2 working days after the date of assessment. Further information may be requested during this period from you and/or the person who referred you.

Stay

A stay of up to two weeks will be offered within 6 weeks from the date of the assessment. Staff will update you and the person who referred you on an ongoing basis when a stay has become available.

If you'd like any more information about the service or like to discuss it further, please call us on 01452 245338



100%

Self-Assessment Score

100% of Guests who completed a stay in 18/19 either maintained or improved upon their self-assessment score.



Alexandra
Wellbeing
House

The Alexandra Wellbeing House is a partnership project between Swindon and Gloucestershire Mind and Gloucestershire Health and Care NHS Foundation Trust. The service is supported by Gloucestershire Clinical Commissioning Group.

Contact Us

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Swindon and Gloucestershire Mind

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