



Swindon and
Gloucestershire



A Guide for Professionals

Alexandra Wellbeing House



Gloucestershire Health and Care
NHS Foundation Trust



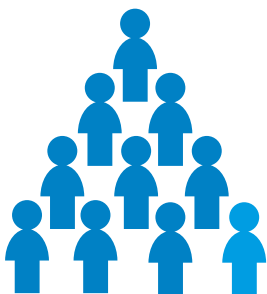
About Us

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.

Referral Criteria

The Alexandra Wellbeing House will accept referrals from any statutory services. Non-statutory organisations have to have known the individual for at least 6 months before a referral can be made.

To access this service, a Guest must be:

- Aged 18 years or over.
- Registered with a GP within the Gloucestershire Clinical Commissioning Group area.
- Able to self-medicate and self-care.
- Risk assessed to ensure the service is a safe and suitable environment.

A Guest will not be eligible for the service if they are:

- Subject to the Mental Health Act, excluding Community Treatment Order (CTO) and Section 17 leave.
- Assessed as being actively suicidal with plans to end their own life.
- Diagnosed with an organic illness, such as dementia.
- Homeless or of No Fixed Abode (NFA).

We are unable to accept self-referrals at present and would require a healthcare professional (i.e. GP, care coordinator, support worker etc.) to complete the referral.



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.

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’.

How Do I Refer?

A referral and risk screening form is required to be completed on behalf of your client. Further information and forms are available via www.sgmind.org.uk/the-alexandra

When the referral has been received we will contact you and your client 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 (the referrer) attend the assessment with your client.

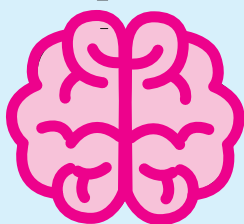
Decision

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 (the referrer).

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 your client on an ongoing basis when a stay has become available.

If you'd like any more information about this service or like to discuss if a person you're working with, 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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