

# Alexandra Wellbeing House



Swindon and Gloucestershire



Up to 2 weeks support 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.
- Wellbeing Follow Up Call following your stay.

## Referral Process



### Referral

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 you have referred within 4 working days.



### Assessment

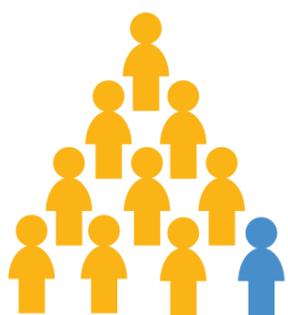
If an assessment is offered, it will be arranged within 14 days of a referral. A decision will be made on whether a stay is offered no longer than 2 working days after the assessment has been completed. A stay of up to two weeks will be offered when possible by Staff.



### Stay

Staff will update you and the person you have referred on an ongoing basis until a date has become available for a stay to start.

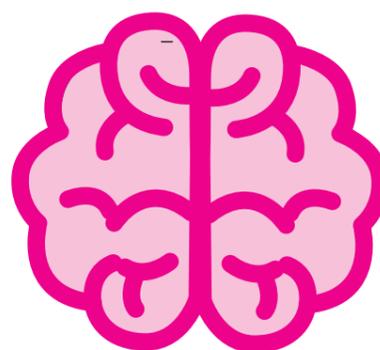
## Outcomes 2018-19



96%

### Friends and Family Test

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



100%

### Self-Assessment Score

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



96%

### Warwick Edinburgh Mental Wellbeing Scale

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



### Guest Feedback

"It's a safe, relaxing and a good place to rest to clear your thoughts and gives you a break".

"I was a wreck before I came here, this is a place to rebuild my foundation".

### Alexandra Wellbeing House

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Swindon and Gloucestershire Mind  
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Gloucestershire Health and Care  
NHS Foundation Trust

Alexandra Wellbeing House is a partnership project between Swindon and Gloucestershire Mind and Gloucestershire Health & Care NHS Foundation Trust.