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Swindon and
Gloucestershire

a guide to



Day Guests at
Alexandra Wellbeing
House

August 2020

Alexandra Wellbeing House

- Swindon and Gloucestershire Mind have worked closely in collaboration with Gloucestershire Health and Care NHS Foundation Trust to review our Recovery Planning in response to Coronavirus (COVID-19).
- As a service we are now in the position to provide a phased return to our face to face support. As an alternative to overnight stays, our first step will be to reintroduce our Day Guest Structure to our clients.

Day Guests:

As a Day Guest, you will receive the following support;

- A safe and therapeutic environment, promoting recovery, resilience and wellbeing at Alexandra Wellbeing House.
- Weekly 1:1 face to face safety and support planning via the Five Ways to Wellbeing Model.
- Multiagency working and signposting for additional support from specialist services if required.

How does it work?

- Day Guests will choose either an AM or PM slot on selected days to spend a maximum of 2.5 hours per day at Alexandra Wellbeing House.
- Priority will be given to those who require face to face preventative measures to reduce the risk of mental health lapse and/or crisis. To help understand this further please see our '[A Guide to Mental Health Crisis Concordat](#)' leaflet.
- In line with Government regulations, protective and social distancing measures will be in place to ensure the safety of all staff and Day Guests.
- We will continue to accept referrals for our 'Telephone Wellbeing Support' in line with our alternative COVID-19 service delivery. For further information, please see our '[A Guide to Services in Gloucestershire](#)' leaflet.

How to Refer:

If you are interested in becoming a Day Guest, a referral is required to be completed from your key worker. The team will respond to your referral with 4 working days to provide an outcome on the referral made.

- Assessments will take place via telephone with the person being referred.

Referral Criteria:

Alexandra Wellbeing House will accept referrals from any support services, i.e. GP's, Gloucestershire Health and Care NHS Foundation Trust Teams and Third Sector Organisations.

To access either service, a client must be:

- Aged 18+
- Registered with a GP within the Gloucestershire.
- Able to take your own medication and self-care independently.
- Complete an assessment to ensure that the service is appropriate for your support requirements.

A client will not be eligible for the service if a client is:

- 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 or Alzheimer's.
- Homeless or of No Fixed Abode (NFA).

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

If you would like further information,
please contact us via:
alexwellbeing@sgmind.org.uk

Alternatively email the Services Manager, Gloucestershire:
ieuanedwards@sgmind.org.uk .



Swindon and Gloucestershire Mind

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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.

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