

# Ffordd Newydd Skewen, Neath



## Our Support

Ffordd Newydd is a residential transitional Mental Health service, supporting six people within their own individual studio apartments. We are passionate about enabling people to make their own choices about the support they receive. We do everything we can to improve the health and wellbeing of the individuals we support and as a team we are focused on building positive outcomes for everyone. We understand the importance of providing person-centred support which enables independence and meets individual's needs. Through our outcome focused approach, we support people to maintain choice and control of their own lives.

## Positive Outcomes

We have a proven record of enabling people to move onto independent models of support. Seven people have successfully moved onto independence. Each person has an individual plan created to support them in preparing to step down. The staff team work in partnership with the individual and our own Supported Living team to create the plan. Working together they ensure the plan is tailored to meet the individual needs of the person wishing to step down and to support them on their pathway to independence.

We work alongside people to help them build their future and increase personal empowerment. We support people to access training, volunteering, education and where possible employment opportunities. Everyone is encouraged to engage in their local community and learn and practise new skills and supported to rediscover skills which may have previously been lost.

## Transitional Support Model

This specialist support model offers people a carefully planned and risk managed independent pathway, within a residential setting. This model is proven to be successful in providing a rehabilitation, focused transition from residential services towards independence or community supported living services.

## Progression Pathway - Studio Apartments

Our six studio apartments offer a clear progression pathway, within a residential support setting. The pathway offers an opportunity for self-development and maximum personal growth, regardless of complex health and social care needs. The apartments provide a private space for staff to enable skill development or coaching sessions. People can trial independence in a setting which has 24 hour staffing available, to assist with development of their life skills. We feel that the creation of our semi-independent transition studio apartments, enables people who want to live more independently, take those first steps to greater independence within a safe, risk managed environment.

## Our Approach

We recognise that everyone is different, so we adapt our support to suit each person's needs. We offer the right environment to enable mental and physical well-being. We support people to maintain their identity whilst we work with them to regain their self-confidence and start to manage their own Mental Health and relapse.

### We focus on:

- Recovery and resilience
- Positive risk-taking
- Relapse prevention
- Enhancing quality of life
- Offering a step-down programme as an alternative to hospital stays
- Using creative and flexible approaches to engagement
- Fostering confidence and self-esteem
- Personalisation

## Meeting Complex Needs

### We can support people who:

- Are stepping down from a forensic/secure or prison
- Social and recreational needs environment
- Are stepping down from a long stay hospital admission
- May be under section 7, 17, 25a, 37, 37/41, 117 of the Mental Health Act
- Are subject to a CTO (Community Treatment Order) or DoLS (Deprivation of Liberty Safeguards)
- Have a personality disorder
- Are subject to MAPPAs (Multi-Agency Public Protection Arrangement)
- Have Learning Disabilities

### We can provide support with:

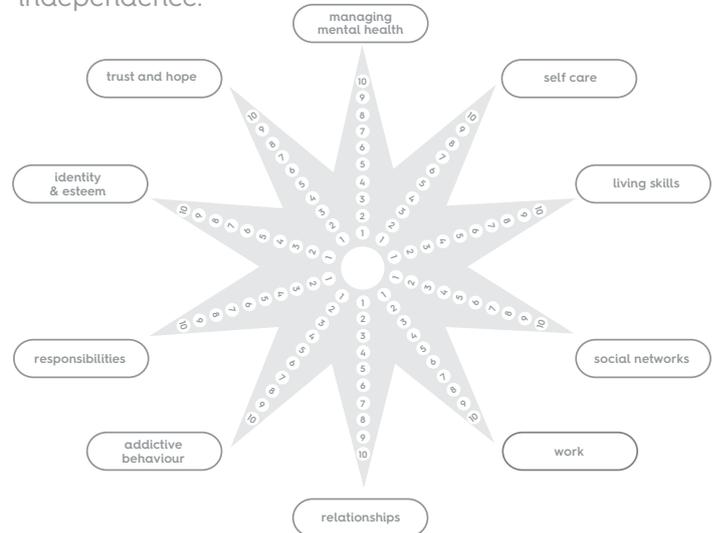
- Vocational retraining
- Personal budget and finance management
- Travel training
- Building links with friends, family and the community
- Personal and health care needs
- Respite and Outreach support
- Access to independent advocacy
- Household tasks

## Mental Health Relapse Prevention Plan

Each individual will have a Mental Health relapse prevention plan, which details early warning signs of relapse, following the traffic light system. Green showing everyday behaviours, Amber showing some sign of relapse and Red showing some concern of relapse. The plans have early warning signs and triggers, which are set with the individual and their Mental Health team. Using this process, staff get to know warning signs and early intervention can be implemented at the earliest opportunity.

## Recovery Star Model

We use the Recovery Star Model, an outcomes-based measurement tool recognised by the Department of Health. By using the Recovery Star, we are able to support a person's recovery by measuring progress in areas including managing their Mental Health, enhancing living skills, building and maintaining social networks and building self-esteem to maximise independence.



## Accommodation

Ffordd Newydd is located in the heart of the local community. It comprises of six studio apartments. All apartments are self-contained with en-suite shower rooms and kitchen/diner. Communal areas comprise of a spacious kitchen/dining area, quiet lounge, bathroom and a laundry room. To the rear of the property is a large parking area and garden.



## Positive Story - Building hope for the future

Clare\* came to Ffordd Newydd after living 13 years in hospital settings. Clare had been in secure care from a very young child. When she first came to us, she was very shy and timid individual. Staff worked extremely hard on building her confidence and self-esteem. Within the 9 months living at Ffordd Newydd, Clare met her partner. She desperately wanted to get married and live in her own home. With support staff helped her plan her wedding, achieve discharge from her section and help secure a place on the housing list, ready to move to independent living. She achieved her wish and is now married, with a young son and living successfully in the community. Clare is no longer under the Mental Health services, she is doing extremely well with no medication and continues to live a happy life with her husband and young son. Clare also overcome her fears and spoke publicly about her experiences at one of our conferences. Her Husband is also now working for accomplish. Clare says, "she may not have done amazing things in her life like climb Everest, but she has found true happiness".

\* Name has been changed for confidentiality