

Grove View - All female service Birchgrove, Swansea



Our Support

Grove View is a female only service providing a specialised support pathway for nine women with complex Mental Health needs, Personality Disorders and behaviour that can challenge, within a comfortable, safe and secure environment. We work closely alongside individuals with self-harm and suicide ideation utilising Mental Health relapse prevention plans and picking up on early trigger and warning signs to minimise the risks. At Grove View, we see our role as one which empowers and supports women to achieve their goals. We do this by ensuring that they are at the heart of everything. With the right support we feel individuals can move along our care pathway towards independent living, with the skills needed to live a healthy, happy independent life.

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 women 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:

- Enablement/re-enablement
- Personalisation
- Enhancing quality of life
- Positive risk-taking
- Fostering confidence and self-esteem
- Using creative and flexible approaches to engagement
- Relapse prevention



Positive Outcomes

We have successfully worked with individuals who have complex, long-term rehabilitation needs and a proven record of enabling people to move on to more independent models of support. We work alongside women to help them build their future and increase personal empowerment. We support women 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. Our aim is to improve everyone's social awareness skills which are further developed through accessing the community. Our approach offers people access to college, travel training and leisure activities.

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 person we support and the community Mental Health team. Using these tools and provisions, staff get to know warning signs and early intervention, utilising distraction techniques or medication 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.

Meeting Complex Needs

We can support people who:

- Are stepping down from a forensic/secure or prison 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 MAPPA (Multi-Agency Public Protection Arrangement)
- Have Learning Disabilities

Benefits of an all female service:

- It offers women a choice
- It provides a safe environment
- It enables women to have access to female support workers
- It provides positive role-models from an all-female workforce
- It offers empathetic and gender-specific responses

We can provide:

- Self harm awareness
- Behaviour analysis
- Cognitive skills focus
- Anger and anxiety management
- Hair care, make up and beauty sessions
- Well woman focus
- Risk management with regard to gender specific risks
- Skills to support enabling recovery and resilience



We can provide support with:

- Social and recreational needs
- 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

Progression Pathway - Studio Apartments

Our 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.

Accommodation

Grove View is located within the small, friendly community of Birchgrove. It is a detached house with six bedrooms, all en-suite. There are three self-contained studio apartments, all with their own kitchen and bathroom. There is a laundry/utility room, a modern kitchen, a lounge/dining room and a second lounge leading onto a patio area, with views overlooking Swansea Vale.

Positive story - "journey towards independent living"

Kelly* moved in to Grove View at the age of 21, at this time she was experiencing both auditory and visual hallucinations which in turn would lead to self harming behaviours. Over time staff worked with Kelly trialling different coping strategies and utilising distraction techniques to draw up a robust behaviour monitoring plan.

Kelly in time became self aware and was managing her emotions extremely well. The team worked with Kelly to prepare her to step down and to move on. Due to anxiety regarding being alone and possible relapsing Kelly's harmful behaviours returned and she was unable to step down. In 2018 three self-contained studio apartments were created on the same site as Grove View to provide a unique integrated step down pathway. The studio apartments' focus is to support each person within the home to move on and trial independent living within a safe environment. Kelly has moved into one of the studio apartments and there has been no self harm behaviour as she is content that she has continuous care with staff who know her well and can support her through some possible difficult times.

* Name has been changed for confidentiality