

# Holly House Cheltenham, Gloucestershire



## Our Support

At Holly House we support ten people who have Learning Disabilities, an Acquired Brain Injury or Mental Health needs. We offer a consistent, kind and supportive environment, where individuals with complex needs can find their own identity and develop self-confidence. We are responsive to individuals who may be having a challenging time and need additional emotional support. We recognise that each person's life is unique and extraordinary.

We believe in developing practical skills and strategies to assist with real life situations, therefore, we are down to earth and caring in our approach. Our staff team maintain a positive and creative attitude to life's difficulties, as we believe there is always a way forward. We place great importance on balancing out recovery with positivity, humour and a good level of fun. This positive approach enables individuals to progress and realise their goals.

## Our Approach

At Holly House we encourage people to lead a full and valued life, enabling individuals to live more independently through a programme of active community engagement, developing meaningful social networks, managing risk and developing robust coping strategies. We work together, learning from each other. We like to have lots of fun, we enjoy listening to music, singing, dancing and most importantly we love to laugh.

We are person-centred in our approach, and work with people to maximise their engagement, decision-making and autonomy, through personalised support planning. Where individuals have limited capacity to make more significant life decisions, we support them to make key decisions by considering their likes and dislikes, and we work with their supporting relatives and care team to find the best solutions.

## Meeting Complex Needs

### We can support people who:

- Have a Brain Injury (for example: resulting from tumours, hypoxia, viral, alcohol misuse, surgery, stroke/aneurysm, assaults, road traffic accidents)
- Korsakoff's syndrome
- Previous alcohol and substance misuse
- Have Mental Health needs
- Those requiring 117 aftercare or subject to a community treatment order/deprivation of Liberty safeguards
- Have Epilepsy & Diabetes
- Have Huntingdon's Disease
- Require PEG care
- Have Learning Disabilities

### We can offer:

- Short-term and Long-term placements
- 6-12 month transitional support placements
- Outreach skill development programmes and support

### Specific input and support available if required:

- Neuro-Psychology
- Neuro-Occupational Therapy Neuro-Physiotherapy
- Neuro-Speech and Language Neuro-Psychiatry Counselling
- Behaviour specialist input Vocational rehabilitation

## Positive Outcomes

Holly House is renowned for its positive, proactive and skilled team. The individuals who live at Holly House also support each other in their progress, and through this unique supportive environment, people are enabled to achieve their goals. Holly House has a proven track record in working with previously challenging individuals, many of whom have progressed onto greater independence within supportive living tenancies.

## Independence Skills Building

Each person discusses their likes, interests, goals and aspirations with their Key Worker. These could include starting a college course, having a job, wanting to cook or just having the confidence to go to the shops.

### We can provide support with:

- Social and recreational needs
- Vocational retraining
- Personal budget and finance management
- Travel training
- Skills development and re-enablement
- Personal and health care needs
- Respite and outreach support
- Building links with friends, family and the community
- Household tasks
- Access to independent advocacy

## Our Clinical Support Team

Our experienced and well trained staff are supported by our Acquired Brain Injury Advisor, Clinical Support Nurses and Behavioural Advisors. Their role is to work collaboratively with staff to develop and review support plans and introduce proactive strategies. Working alongside our staff team, they support people at times of extreme challenge or crisis. Our staff can also access Consultancy Psychiatry, Psychology, Occupational Therapy and SALT support as required.

All therapeutic input is integrated into daily strategies or functional measured goals in line with the individual's aspirations. Progress for individuals on a rehabilitation pathway is monitored through recognised outcome measures and reviewed regularly by the multi-disciplinary team.

## Accommodation

Holly House is situated in a friendly residential area of Cheltenham, with ten en-suite bedrooms, a communal lounge kitchen and dining room. There is a vibrant open garden, with attractive views of the local church.



## Positive Stories

**Tom\*** needed assistance with leading a healthy lifestyle and going out and about in the community. Through a consistent approach from staff, offering Tom guidance and praise, he has lost nearly 4 stone, he attends a swimming class every week and has improved his road safety awareness and is now going out and about on his own.

**Lucy\*** has stage 4 kidney disease and suffers with extreme anxiety. Despite her complex needs, Lucy wanted to maintain an active lifestyle. Staff helped Lucy plan a busy schedule of activities which included attending the local gym, going swimming, having piano and French lessons, library visits and day trips. This busy and active life has been supported by staff and Lucy is now managing her anxiety really well.

**Colin\*** had not been able to access the community for a number of years, as he was sometimes aggressive to others, he was not familiar with. Staff worked alongside Colin, using positive behaviour techniques to help him manage his aggression. Colin is now less anxious, and he is managing his aggression well. With support Colin is now safely accessing the community and visiting local shops. His Psychiatrist (in last medication review) said the stability of his Mental Health was largely due to the behavioural support provided by the staff team at Holly House, rather than medications.

**Peter\*** moved to Holly House following Mental Health relapse. With staff support Peter has grown in confidence and become more independent. He is now cooking, cleaning and doing his own laundry. With support from Travel training, Peter is now using public transport effectively and able to go shopping, attend the gym/swimming classes all independently. Peter is now preparing to move on and step-down from Holly House into supported living.

\* Names have been changed for confidentiality