

Lester Court Loughborough, Leicestershire



Our Support

At Lester Court, we support ten people with complex Mental Health needs. We understand that recovery is a journey and through our outcome focused approaches, we support people to maintain choice and control of their own lives. We work with people to achieve their goals through supporting them to access training, volunteering and employment opportunities. Everyone is encouraged to engage in their local community and to learn and practice new skills in a supported environment.

Positive Outcomes

We have successfully worked with individuals who have complex, long-term rehabilitation needs and a proven record of supporting individuals to move on to more independent models of support. We enable people to build on their strengths, skills and resilience. We encourage everyone to develop their own set of resources to self-manage and stay well. We provide people with the right support, which assists them in developing coping techniques, to manage their emotions and behaviour, which makes a noticeable difference in their everyday lives.

Our Staff Team

Our experienced and well-trained staff are passionate about the work that they do and strive to achieve the best possible outcomes for those that they support every single day. They are supported by our Clinical Support Nurses and Behaviour Advisors as required. Staff utilise tools such as the Recovery Star and Positive Behavioural Support Plans. These models of support, enable staff to fully understand how each person can be supported, based on individual needs.

"We enable people to be in control of their own lives and to live more independently."

Accommodation

In the main house Lester Court has three en-suite bedrooms and five studio apartments. Each studio apartment has its own individual kitchen, dining area, bedroom and en-suite facilities. Studio apartments on the ground floor have all been adapted for wheelchair accessibility. There is a communal lounge, laundry room, quiet room, kitchen and dining area. To the rear of the property are two studio apartments with their own private access.



Progression Pathway - Studio Apartments

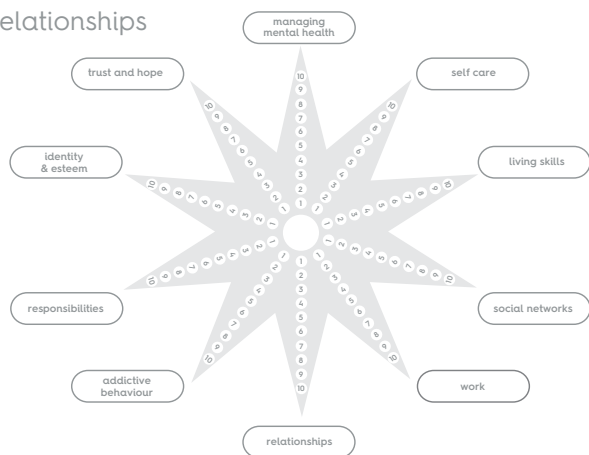
Our studio apartments offer a clear progression pathway, within a residential support setting. The pathway offers an opportunity for self-development and maximum personal growth, regardless of complex health and social care needs. The apartments provide a private space for staff to enable skill development 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.

The Recovery Star:

- Values perspectives and enables empowerment and choice
- Supports recovery and social inclusion
- Is holistic, covering all the major dimensions linked to recovery

The Recovery Star looks at 10 areas of an individuals life, with each area assessed to see where an individual is on the 'ladder' of each section:

- Managing Mental Health
- Physical health and self-care
- Addictive behaviour
- Living skills
- Responsibilities
- Social networks
- Identify and self-esteem
- Work
- Trust and hope
- Relationships



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

Our Approach

- We follow the Recovery Model of support
- We have our own clinical team of qualified nurses and behavioural advisors
- We use the HCR-20 forensic risk assessment tool
- We focus on Mental Health relapse prevention
- We provide solution-based counselling

We provide

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

Case Study

James* has Schizophrenia and has suffered with psychosis since his late teens. James requires support to monitor his Mental Health and epileptic seizures. He also has a memory/cognitive impairment and can appear pre-occupied, distracted and disengaged. When James came to live at Lester Court staff needed to encourage him to carry out basic domestic tasks, family interactions and personal care needs. James needed to be encouraged by his parents and staff to attend meditation and Yoga sessions.

Staff have worked alongside James to prompt and encourage him to carry out his own personal care needs, build links with his parents and to carry out his own domestic activities. James is now considerably more open, independent and expressive. He approaches staff easily and will speak out when

* Name has been changed for confidentiality

needed. He manages to maintain his own personal care without prompt and go out to buy himself takeaways, which he enjoys. James will help himself to prepare a simple sandwich. He will also talk to his parents on the phone and now attends his meditation classes and Yoga sessions on his own. James has been engaging with psychologist for over a year now, which in the past he refused to do.

Recently James went to France with his family for four weeks. He is regularly having positive weekends away to visit his brothers and parents. His parents are happy with his progress and thrilled that he now goes away on holiday with them something he was unable to do before. James continues to develop his independence.