

Mond Court Apartments Clydach, Swansea



Our Support

At Mond Court Apartments we support six people with Mental Health needs, who may also have Learning Disabilities or a dual diagnosis. 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 strive to support people to gain independence within their community, offering innovative solutions and opportunities to maximise their potential. We look at what can be achieved for each person, their abilities, interests and needs. We work within a positive environment to encourage confidence, bring structure, inclusion and opportunity into their lives.

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. With the right support we feel this environment will help individuals to gain greater independence and more control over their own lives.

Independence Skills Building

We enable people to develop their skills, strengths and resilience. We help them to develop their own set of resources to self-manage and stay well. We provide people with the right support to assist them in developing coping techniques which can make a noticeable difference in their everyday lives. We understand that everyone is an individual and their needs may vary, but whatever the person's situation or however complex their needs are we will encourage, support and motivate them to achieve their optimum level of 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.

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. In the last twelve months, we have successfully supported two people with complex needs to move back out into the community.

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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.

Success in the community

The people we support are currently engaging in many social and community activities.

Volunteer Work

- Dog walking
- Woodwork Community Projects

Attending College

- Computer IT
- Arts Course

Recreational Activities

- Attending local gym
- Member of local cricket club
- Bike riding

Partnerships with local charities

- Mind
- Hafal
- Time to Change Wales
- Mental Health Matters Wales

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

We can provide support with:

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

Progressive Pathway - Our 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 transitional 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. In addition to individual's own apartment they have access to a communal kitchen, lounge and laundry room.

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.

Additional Support

- We follow the Recovery Star 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



Case Study - "Living life independently"

Joseph* first moved into Mond Court Apartments from a secure unit after many years in various Mental Health services due to periods of psychosis. He would display periods of paranoia and self-harming behaviour with attempts on his life. There was also a history of drug abuse and gambling which inhibited his ability to deal with social stressors.

With 1-1 staff support Joseph's confidence gradually grew. Staff helped him to identify achievable goals and enabled him to develop the skills and confidence he needed to access community projects.

With further staff support and encouragement Joseph learned to control his gambling habits and self-harming thoughts. After two years he moved into supported living, where he is thriving and rebuilding his life with minimal support. Mond Court Apartments has enabled Joseph to grow and improve his self-esteem and therefore empowering him to have more confidence in which to live independently.

* Name has been changed for confidentiality