

Ty Bradwen Skewen, Neath



Our Support

At Ty Bradwen we support six people with Mental Health needs, who may also have Learning Disabilities or a dual diagnosis. We work with people with varied abilities and needs. 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 persons 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.

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

We actively promote wellbeing and encourage everyone to be as independent as they possible can be. We empower individuals to develop their own coping techniques to manage their emotions and behaviour, within a safe, homely and supportive environment.

We want to see things through each person's eyes, so we truly understand their goals and aspirations. We support people to take risks and find innovative ways to enable them to achieve their dreams in a safe way.

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. Since 2017 we have successfully supported three 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.

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 or High Functioning Autism

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

Accommodation

Ty Bradwen has one en-suite bedroom and five studio apartments with individual kitchen, dining area, bedroom and en-suite bathroom. In addition to individual's own apartment they have access to a communal kitchen, lounge, games room with pool table and laundry room. There is a patio area to the front of the property which overlooks the garden. This area is regularly used by the people we support for BBQ's. To the rear of the home there is a car park and a sheltered seated area.

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 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.

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.



Case Study

James* came to live at Ty Bradwen after the loss of his mother and his care team had tried everything, however James would leave whatever placement he was in. His father had lost all hope, as his addictive and aggressive behaviour had taken over their lives. James was grieving and was taking out his grief on his Father. Their relationship was completely broken.

James moved into one of Ty Bradwen's studio apartments, where he was given the private space he needed and the opportunity to trial independence in a setting which had 24 hour staff support. Staff asked Peter what his goals and aspirations were. He wanted to give up drugs and get his motorbike licence back, so he could regain his independence and move back home. He also wanted to complete a Sky dive. The staff worked really hard with James to establish what he liked and what he wanted to achieve out of life. From this they discovered he had a love for photography and a passion for sport. During his time at Ty Bradwen, James took a 4 week photography course. He went to the nearby Dry Ski slope for skiing and boarding lessons, he also went go-carting regularly and worked as a volunteer, which he thoroughly enjoyed.

With the right support James achieved his dreams. He has stopped using drugs and regained his motorbike license. He has now successfully stepped down and has moved back to his hometown in his own flat near his father, with whom he has now rebuilt his relationship with. James's father has thanked staff saying, "I know you say you are just doing your job, but you have changed our families lives in such a profound way, thank you".

* Name has been changed for confidentiality