

Woodside Cottage and The Elms Newport, Gwent



Our Support

We offer bespoke support and enablement for eight people who, in addition to their Learning Disability, have additional support needs associated with Autism, an Acquired Brain Injury, complex health needs or physical disabilities. We encourage and motivate each person to feel good about themselves. We support people to gain confidence and do the things that are important to them and ultimately to lead happy and fulfilled lives. We encourage everybody to have a voice about what matters in their lives and our support is focussed on ensuring that their voice is heard about every aspect of their lives.

Our Approach

Our primary aim is to provide the highest quality care for each person we support and to promote their health and happiness. We offer a warm and homely environment, which caters for individual needs, and aspirations. Through person-centred plans, we promote life skills, enabling the people we support to live more independently and fulfil their goals and ambitions. We believe that having a good life with positive outcomes can be a reality for everyone, regardless of their disabilities.

Person Centred Planning

We provide positive, flexible and encouraging support for everyone. Our person-centred approach, enables people to achieve their goals and aspirations in life. Everyone is encouraged to have belief in reaching their full potential within a safe, nurturing and positive environment. Our staff support each person to create a person-centred plan that tells us how they want to live their life now and in the future. Through a range of communication tools, we ensure that each person is closely involved in the development of their own plan.

The Elms Progression Pathway

The Elms is separate to the main house and has two studio apartments. Our studio apartments offer a clear progression pathway. The pathway offers an opportunity for self-development and maximum personal growth, regardless of complex health and social care needs. The studio 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 Elms enables people who want to live more independently, take those first steps to greater independence within a safe, risk managed environment.



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. Staff support people towards achieving their goals.

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

We can support people with:

- Mental Health needs
- Acquired Brain Injury
- Learning Disabilities
- Autism
- Physical Disabilities

Our Clinical Support Team

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

Positive Outcomes

We are determined on doing everything we possibly can to improve people's health and wellbeing and are focussed on achieving 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 support people to:

- Be as physically, mentally and emotionally healthy as possible
- Access education, learning and development opportunities
- Have control over everyday life and where relevant participation in work
- Access the community to partake in activities and gain social skills
- To be as independent as possible
- To live a person-centred life and to have choice

Accommodation

Woodside Cottage has six en-suite bedrooms. There are communal lounges, kitchen and supported bathroom. The Elms consists of two studios apartments, both studios are identical in layout. Each apartment has a lounge, kitchen and en-suite bedroom (access to the flats within the entrance of the home).

Woodside Cottage and The Elms benefits from a beautiful and spacious garden, overseeing the countryside of Newport. The garden is utilised to develop the skills of people we support by the implementation of a woodwork shed, animals, recreational equipment, poly-tunnel and quiet areas.

Positive Story

"Acquired Brain Injury support"

A person we support had been diagnosed with a Brain Injury in 2014. This Brain Injury resulted in them coming Woodside Cottage. Through consistent, and structured approach from a skilled staff team, this person was able to improve their ability to maintain their own independence, subsequently a positive step-down placement to The Elms was identified. The convenience of the transfer was that The Elms is situated on the same site, we were able to provide consistency with staff moving over to The Elms, from Woodside Cottage.

The Elms is a more independent environment for this person, they are now able to maintain their own person care, and cook for themselves, while also having the availability of staff to support if required. This person recently attended a disco at a night, something a lot of people involved in their care four years ago would not have seen achievable.