

Bakelyn Lodge Swansea



Our Support

At Bakelyn Lodge we enable people to build on their strengths, skills and resilience, helping them to develop their own set of resources to self-manage and stay well. We support four people with Mental Health needs, providing them with the right support, which assists them in developing coping techniques, which can make a noticeable difference to their everyday lives. We understand each person's needs may vary. Whatever their situation and however complex their needs, we encourage and motivate people to achieve optimum independence.

We work with people to help them build futures and achieve their aspirations 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. Bakelyn Lodge is a male only service.

Positive Outcomes

We have successfully worked with individuals who have complex, long-term rehabilitation needs and a proven record of supporting people to move on to more independent models of support. We promote wellbeing and maximise each person's independence, by enabling them to develop coping techniques to manage their emotions and behaviour, within a safe and supportive environment.



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
- Personal and health care needs
- Outreach support
- Building links with friends, family and the community
- Household tasks

**"We support
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Success with the Recovery Star Model

We use the Recovery Star Model, an outcomes-based measurement tool recognised by the Department of Health. By using the Recovery Star, we are able to support a person's recovery by measuring progress in areas including managing their Mental Health, enhancing living skills, building and maintaining social networks and building self-esteem to maximise independence.

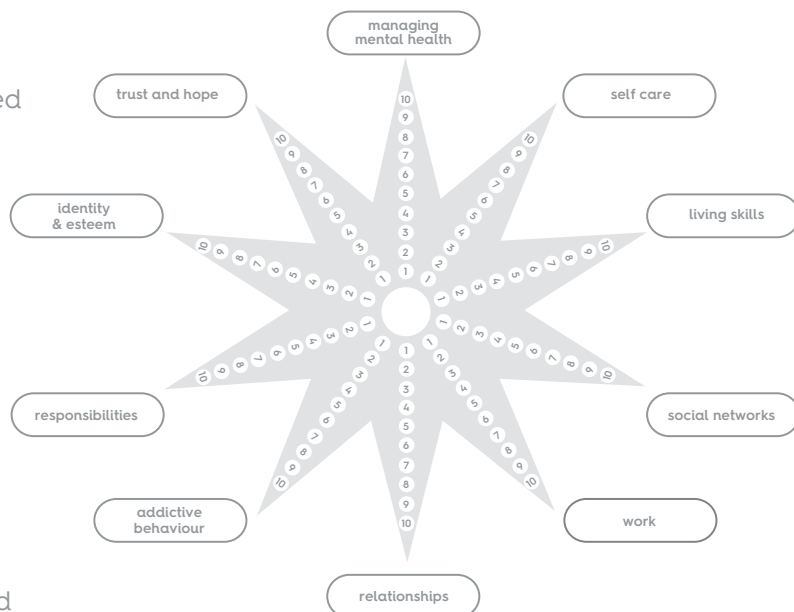
The Recovery Star:

- 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 individual's 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

Individuals are able to see clear evidence of their progress and their involvement in the Recovery Star process, which improves motivation, enhances their skills and builds confidence.



Our Approach

- We follow the Recovery Star Model of support
- We have our own clinical team of qualified Nurses and Behavioural Advisors
- We use WARRN (Wales Applied Risk Research Network) principles
- We use the HCR-20 forensic risk assessment tool
- We focus on Mental Health relapse prevention
- We provide solution-based counselling

"We believe in enabling people to live fulfilled lives, their way"

Case Study

Tom* originated from the Carmarthen area, but has very much made Bakelyn Lodge and the surrounding area his home. He regularly takes unsupported time to enjoy personal interests such as cycling, shopping, having meals out and meeting up with family. He has excellent relationships with others living at Bakelyn Lodge and looks forward to enjoying activities and visiting places of interest. Tom's progress has been so astounding, that it is now being considered by his care team to step down into his own flat.

* Name has been changed for confidentiality