

## **MEMBER'S WEBSITE ENTRY FORM**

Districts covered All districts in Cambridgeshire (also Hertfordshire, Oxfordshire and Suffolk)

Organisation Residential Home for people with enduring or recurrent mental health problems

Address Boxtree Cottage Residential Home  
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Waterbeach  
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### **Description of Services:**

Boxtree cottage is a residential care home set up to provide accommodation and support for 14 people of either sex over the age of 40 who have a history of enduring or recurrent mental health problems, and where possible to promote 'Recovery and Rehabilitation'.

Most of our service users will have had a history of hospital admissions and treatment. Some may have suffered varying degrees of brain damage as a result of substance abuse or accident. They may have had attempts at living independently and have in some cases decided to make Boxtree their home. Others will want to have a period of possibly prolonged respite at Boxtree while they rebuild their confidence and their lives. Whatever their background, our goal is to provide a safe and secure environment where service users can feel confident to exercise control over their own 'SELF-DIRECTED CARE'. We operate according to clear policies and procedures to produce a high quality service, where such care can be formulated and supported.

## LOCATION

Boxtree Cottage is situated close to the centre of Waterbeach Village.

Service users are integrated into the village, which provides an opportunity for all of them to re-establish social skills and confidence that may have been undermined by illness and social exclusion.

## PHILOSOPHY OF CARE

Boxtree's approach to social care focuses on creating a way of living, which lends itself to privacy, dignity, confidentiality and respect. We endeavour to enable service users to have a whole life experience, which seeks to promote each individual's capacity for autonomy and independence. This is founded on the four principles of recovery as laid out in the '**Star Recovery Programme**' –

**(A) Empowerment**

**(B) Choice**

**(C) Recovery**

**(D) Social Inclusion**

We, therefore, promote a value system at Boxtree where staff and service users can learn from each other, and where service users will play as much a part in the organisation in their daily lives as possible. The ethos for this is set in the morning **Community Meeting**.

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This is the **Opportunity and Aspirations Forum** in the cottage where:

- Service users are enabled to experience and develop the culture of choice, empowerment and social inclusion.
- They may participate in and direct the running of Boxtree, where they live, by making decisions about daily life.
- Open debate is encouraged between staff, service users and others.
- The meeting is a structure of service users and staff with a basic assumption; that choice and empowerment are good things that create positive outcomes.
- Differences between individuals, staff and service users can be debated, attitudes questioned and complaints can surface.
- Where pathways to Recovery can be shared.

#### ARRANGEMENTS FOR SERVICE USERS TO ENGAGE IN EXERCISING CHOICE AND MANAGING THEIR LIVES

Our service users are adults who are generally able to decide for themselves the lifestyles that they wish to pursue. This includes Recovery/ Rehabilitation Aspirations.

Therefore we consult all service users about their social needs and lifestyle choices, and then negotiate, agree and document suitable plans that reflect assessed individual interests and abilities.

Key to this is the Community Meeting held every morning, which all service users are encouraged attend, where they can debate and choose the activities in which they want to participate. If a service user remains disinclined to participate in activities, the policy of the home is for staff to persevere by putting forward new ideas and suggestions to encourage him or her to develop a more rewarding lifestyle. No resident will be coerced or pressurised into taking steps in which they may feel unequal or disinclined at any time.

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## Setting Goals For Recovery

Goals are set through the Star Recovery Programme, which enables us to assess Service Users' needs and will guide programme setting. The Recovery Programme is geared to each individual's preferences and ability. We endeavour to focus on identifying skills and working with people to enhance their potential. The programme is ongoing with monthly reviews that are recorded. Service Users are encouraged to set their own path with support from key staff members.

Service users may decide, for instance, in setting out the Recovery Programme to focus on:

**Self Esteem/Self confidence or**

**Social skills or**

**Self Care Skills or**

**Integrating with the Local Community or**

**Improving Contact with Family or**

**Computer Skills or**

**Greater Independence or**

**Household skills or managing a budget or**

**Whatever the service user decides is appropriate to the enhancement of his or her life at the present time. Key workers will set out to discuss how this may be achieved in a supportive and realistic way to the residents' benefit.**

Boxtree Cottage provides the Opportunity where such Aspirations can be explored in a safe setting.

Boxtree Cottage can provide the resources to achieve such Aspirations or, where necessary, will resource the Opportunities externally.

Contact           Tel: 01223 863407 or 860859  
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Organisation     Boxtree Cottage Residential Home  
Registration     MD(E) (DE(E) MD  
Details

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