

Pelham Woods Surrey



Enabling and
supporting recovery

Central Referrals 0800 218 2398
www.partnershipsincare.co.uk


Partnerships in care
Changing lives for the better

Pelham Woods



Pelham Woods is an innovative step-down recovery and rehabilitation service for women who are recovering from a variety of mental health problems. The service is designed to facilitate recovery and rehabilitation within a safe locked environment.

Working closely with our Medium and Low Secure Services at The Dene, Pelham Woods is an integral part of Partnerships in Care's integrated care pathway for women.

Service Aims and Objectives

Our service philosophy is to work with the individual's strengths rather than focusing treatment solely on their diagnosis and past adverse life events, using the recovery approach which we have embedded across our service.

We are strongly proactive in promoting social inclusion via strong links with our local communities.

Pelham Woods provides clinically excellent services with a holistic, person-centred approach to treatment and care.

Our aims are:

- To understand and meet the needs of women with complex mental health problems, and challenging behaviours
- To work in partnership with the women to address the issues underlying their difficulties



- To practice in an anti-discriminatory and anti-oppressive way, but within the parameters of effective risk assessment and management
- To engage and regularly liaise with the women's locality clinical team, family, carers and with funding commissioners.

Treatment Programmes

All women undergo a multidisciplinary assessment to evaluate their specific needs. Areas considered include: coping skills, trauma work, substance misuse and offending behaviour. Individual care pathways are then developed in collaboration with the women, to address these issues through a combination of individual and group work.

Therapies available at Pelham Woods include Dialectical Behaviour Therapy (DBT), Cognitive Behavioural Therapy (CBT), Schema Therapy, Eye Movement Desensitisation Therapy (EMDR) and Psychoanalytic Psychotherapy, as well as a range of psycho-social groups such as anger management and relationship skills.

Facilities

Pelham Woods offers an 18 bedded main ward and a 3 bedded attached flat for women who are able to live in a semi independent environment. The range of services provided at Pelham Woods allows individuals to be cared for in the least restrictive environment possible whilst benefiting from a consistent therapeutic approach.

Admission Criteria

- Women aged 18 and over
- Women who are likely to have a complex presentation with history of:
 - emotional, physical and sexual abuse in the developmental period
 - mental illness
 - personality disorder/difficulties
 - mild learning or developmental disabilities
 - borderline intellectual functioning
 - substance misuse
 - self-harm/suicidal behaviours
 - aggression to others
 - reckless behaviours (e.g. fire-setting)
- Women may be detained under the Mental Health Act or voluntary
- Women who are likely to be active in their own recovery and able to engage with the range of therapeutic opportunities available.

Further information and referrals

For further information, to arrange a visit or to make a referral, please contact: Roni Dickeson, MHA Manager and Referrals Administrator
Tel: 01444 231000
or Sarah Shepherd, Unit Manager
Tel: 01306 644100,
or by contacting the PiC 24 hour referrals helpline on 0800 218 2398.

Part of the PiC South East care pathway with The Dene

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