



The
Willows
Nottinghamshire

Enabling and
supporting recovery

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


Partnerships in care
Changing lives for the better

The Willows – A positive rehabilitation experience

The Willows is a locked six bed rehabilitation, recovery and relapse prevention service for women who may have been in mental health services for many years.

The Willows is a house situated in the small village of North Muskham near Newark in Nottinghamshire.

The purpose of the service is to gradually reintegrate the women into the community, rebuild their confidence and empower them to manage their own lives through practical support and assistance. The programme of support and treatment is individually identified by the patient with the care team, to assist them to achieve their goal. This may be to move into a community placement with ongoing staff support, or to move onto independent living in their own accommodation.

This is achieved by having strong supportive relationships with each resident and by working in partnership to ensure objectives agreed in each care plan are achieved. These are regularly monitored in cooperation with the Ministry of Justice (for restricted patients),

commissioners and others involved in the current and future care of the patient. The effectiveness of interventions is monitored using the recovery model.

The programme of care, support and treatment is as individual as the women who live at The Willows.

Encouraging independent living

Although registered nursing and support care staff are on hand twenty four hours a day to provide therapeutic support, the service actively promotes each resident to take responsibility for the day to day running of the house. This includes ensuring the cleanliness of the house and preparing meals for themselves and each other, which involves understanding appropriate dietary needs of the community, budgeting, and shopping.

Residents at The Willows have excellent relationships with the local community, being actively involved in local events and undertaking voluntary employment, including dog walking with neighbours.

They have confidence in managing

their own physical health care and attending the local GP surgery as required. A physical health care coordinator works within the team providing advice and support on health promotion and physical health care.

Encouraging employment and personal development

The service encourages each resident to develop their potential by accessing education courses at the local college and Learn Direct. These courses could include basic numeracy and literacy, vocational courses, areas of interest, higher education degrees or finding voluntary work or employment, as appropriate.



Specialist therapy programmes

The service is supported by a consultant forensic psychiatrist and psychologist, providing specialist input to the individual rehabilitative programmes.

In addition, residents take part in a range of support groups and activities such as:

- Problem solving
- Local MIND services
- Local alcoholic and drug support groups
- Physical fitness
- Arts and crafts
- Patient led groups, working on projects of their choosing
 - photography
 - gardening
 - computer group

Resident experience

Residents describe the service as a homely atmosphere, with fewer restrictions to being in a secure unit. They say that the home allows them to start building trusting relationships and to 'test themselves out', when finding themselves in different situations, learning from their experiences and gaining self confidence. Many of the women benefit from the therapeutic groups as a way of expressing themselves and integrating with the local community.

"We feel like we're in charge and the staff support us".

Ode to The Willows – by a resident

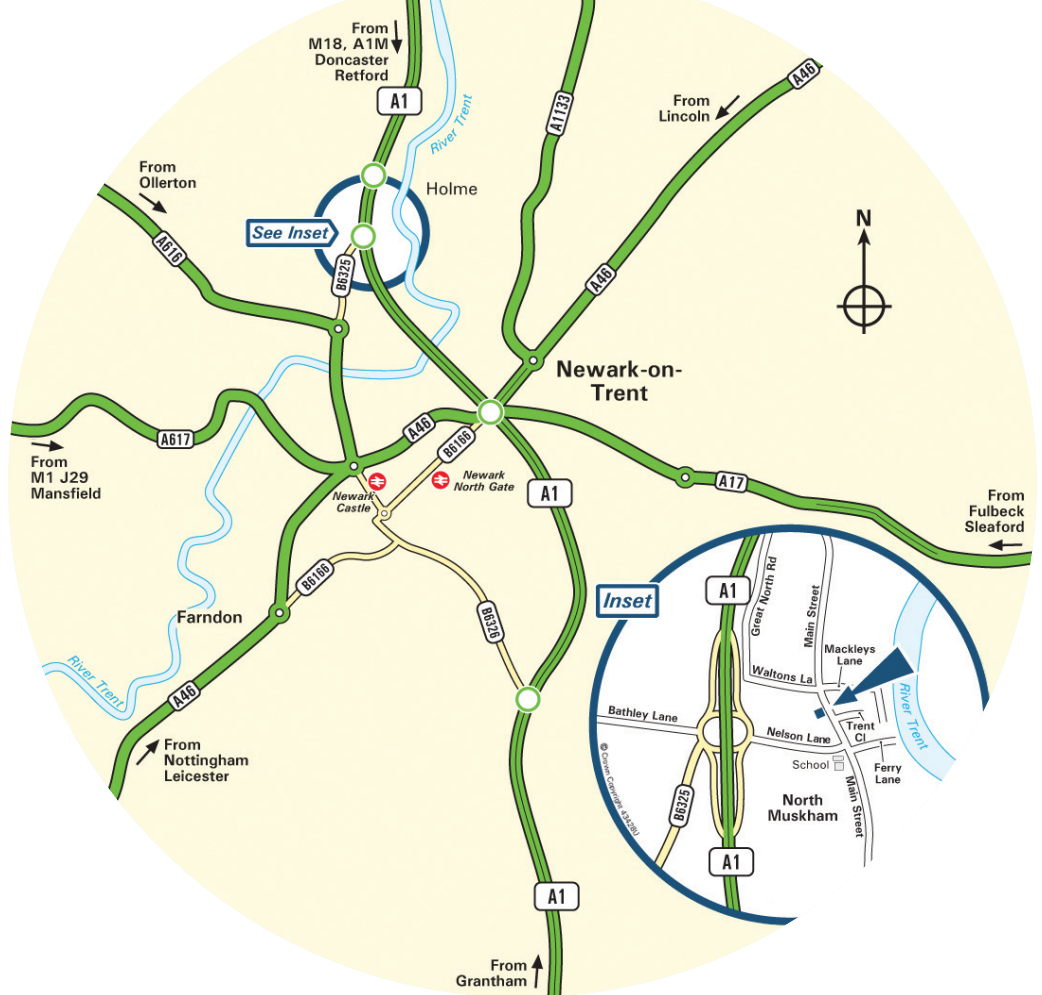
You walk through the door and what do you see?
Is it the people at ease with a sense of being free?
Or is it the pleasant surroundings and homely feel
That makes you think that this is the real deal?

You've finally arrived and everything is new
But in a short while you'll get used to the place and the people too.
It's got a really relaxed style and it's so laid back
There's nothing that you'll find you'll lack.

You will get used to everyone after a while
And the things you're able to do will just grow by the pile.
From doing things in the garden at the back of the home
To going out and about places on your own.

Make the most of every opportunity given whilst here,
And in the right direction continue to steer.
The Willows is a place where you needn't be alone
Once here you'll realise just how much you've grown.





Further information and referrals

For further information, to arrange a visit or to make a referral, please contact Miriam Parker, mparker2@partnershipsincare.co.uk or by contacting the PiC 24 hour referrals helpline on 0800 218 2398.

