

INSPIRING MINDS SERVICE

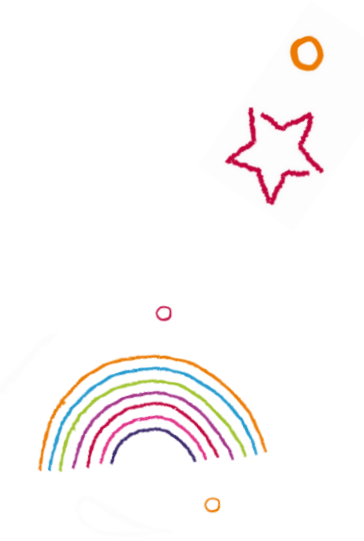


The Inspiring Minds service is a recovery and rehabilitation supported living service in Lancashire.

Everyday life at Inspiring Minds service

Making Space is a national charity and leading provider of health and social care services. We opened the Inspiring Minds service in 2024, focusing on offering short to medium term intermediate accommodation with the care, support and enablement to help people take the steps needed to live a more independent, healthy and fulfilled everyday life.

During the first week of your placement, you will work with your key workers on a structured plan to assist recovery and a future move to a less supported environment. This plan continues to develop through your stay and offers an opportunity for you to discuss your goals for the future, maintain focus and provide a clear view of the journey ahead.



Community living

Inspiring Minds has converted self-contained properties that provide light, bright and relaxing environments for your stay with us. The focus of these can range from social inclusion to workshops on building confidence and developing a variety of life skills.

You are also encouraged to take an active role within Making Space, with regular opportunities to share opinions and concerns at the Making Change meetings held at Head Office in Warrington. We are also proud to involve the people we support in our Making It Real framework for how to provide personalised care and support. It is an easy to use, jargon-free set of personalised principles that focus on what matters to you. Making it Real is built around six themes, describing what 'good' looks like from your perspective and what we should be doing to live up to those expectations. It supports co-production between people, commissioners and providers.

Rehabilitation Pathway

All of the people we support are on a Rehabilitation Pathway whilst at Inspiring Minds.

The Rehabilitation Pathway follows 10 points:

- Managing medication
- Accessing and engaging in work, training, education and volunteering
- Developing and maintaining family or other personal relationships
- Expressing sexuality/faith and spirituality
- Maintaining personal hygiene, hair care, toileting needs and being appropriately dressed
- Maintaining a healthy diet and shopping
- Maintaining a safe and habitable home environment
- Making use of necessary facilities and recreational facilities of work
- Managing your finances
- Mental health, cognition and having control over your life



We will work alongside you to discuss how you are getting on in these areas and come up with a joint score, in comparison to the previous months, based on how you are doing. This will range from 10 % (dependent upon services) to 100 % (fully independent). The two lowest rehabilitation scores will be the focus of the next three months until the next review. Together we will then create an action plan on how our staff can support you to improve in your required areas.

The involvement of the people we support

Regular meetings take place with the people we support every month. We encourage people to chair their own meetings, prompting everyone to contribute to their own lifestyle choices. Everyone's views and opinions are not only heard, they are acted upon.

My support at Inspiring Minds will mean...

- I will have access to the resources, information, skills, support and networks to manage my own condition and gain or regain the skills and confidence to achieve my own goals
- I can focus on therapeutic recovery interventions and my health and wellbeing
- Along with my support worker, I can develop a flexible support and enablement care plan tailored entirely to my requirements
- I can improve my independent living skills, and enhance my coping strategies and social engagement by building on my strengths, assets and personal aspirations
- I will have one-to-one, confidential advice and support
- I can benefit through my support team working in a multi-agency context, with professional agencies and employers, to help me, where possible, maintain or access paid or volunteer employment and/or education
- I can enjoy other therapeutic individual or group activities, promoting my social inclusion
- I can take part in the wider Making Space Making Change Group, committees and events
- Making Space support workers will be on hand to advise and to help people to access their communities and to develop or regain their social skills

My journey

"I was happily married with two children, then became unwell and for 15 years didn't know what was wrong. My family couldn't understand my erratic behaviour and mood swings, which resulted in my relationship with them suffering. I was admitted to Leigh Infirmary in 2009 and then went on to stay at an independent hospital where I felt trapped, insecure and vulnerable.

"I was then offered a place at Making Space and have been here for 18 months. I feel settled, relaxed and happy, and have made lots of new friends. I've also built a good relationship with the staff who've helped me rebuild my confidence.

"I now take part in a variety of activities inside and outside of Kingshill. I do voluntary work at a charity shop, and I've enjoyed many trips and holiday which have helped me feel good about myself. Kingshill staff have also helped me rebuild my relationship with my family, who I now see on a regular basis, and have made me realise there is a future for me and that, sometime soon, I will be able to move on to live a more independent lifestyle".

(Information provided by a resident within a Making Space service)

HOW TO APPLY

Applications for services are open to people aged 18 and over with assessed care needs, including but not limited to: individuals with a primary diagnosis of a mental health condition, and those with additional support needs including learning disabilities, autism, and long term health conditions.

Please note, all applications are subject to an assessment and allocation process.

The Inspiring Minds Service Manager is happy to receive referrals directly from yourselves, but all enquiries must be sent over to the Complex Case Forum, from Lancashire County Council's Care Navigation Team, who will authorise for this referral to be considered.

We will be in touch with both yourselves and the Care Navigation Team once a decision has been made.

Once this has been approved, we will be in touch with yourself, your social worker, your care coordinator and any other individuals involved with your care, where we may ask for some additional information.

We may request the following information. This list not limited to:

- Current care plan from the local authority
- Clinical notes
- Current risk assessment
- Occupational therapist assessments
- Psychology reports
- Sensory assessments or current sensory needs
- The Autism Diagnostic Observation Schedule (ADOS) assessment
- Falls assessment
- Fire Risk history
- We will also ask if you are able to mix with individuals or oversee sex due to the setup of the services

CONTACT US



Inspiring.Minds@makingspace.co.uk



07843 268 106