



KINGSHILL

Kingshill is a recovery and rehabilitation residential service in the Standish area of Wigan.

Everyday life at Kingshill

Since Kingshill opened in 1989, Making Space has been providing services for people with mental health conditions. Today its focus is on offering short to medium term intermediate accommodation with the care, support and enablement services that help people take the steps needed to live a more independent, healthy and fulfilled everyday life.

During the first week of your placement, you 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.

Set in appealing landscaped gardens, you can enjoy pleasant sitting and walking areas among well-maintained lawns, trees and flowerbeds.

A greenhouse enables table-top planting and encourages gardening tasks.

Making Space has a number of experienced support personnel who work around the clock on a rota basis - to attend to each person's particular support needs.



Community living

Kingshill's homely, purpose-built living area provides a light, bright and relaxing environment for a range of stimulating activities. 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. Families and other carers are welcome at all times and our kitchen and dining facilities can be made available if families want to cook and enjoy a meal in private.

Rehabilitation Pathway

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

The Rehabilitation Pathway follows 10 points:

- Accessing and engaging in work, training, education and volunteering
- Developing and maintaining family or other personal relationships
- Expressing faith, spirituality and sexuality
- Maintaining a safe and habitable home environment
- Maintaining personal hygiene/toileting needs/being appropriately dressed
- Making use of necessary facilities and services in the local community
- Managing and maintaining nutrition
- Managing finances
- Managing medications
- Mental health/cognition/behavioural support and vulnerabilities

These are reviewed every three months.



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 Kingshill 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 Kingshill 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".

A hand-drawn arrow in orange and green, pointing downwards from the top left towards the 'CONTACT US' section.

CONTACT US

If you would like more information about how we can help, or to access our service, get in touch with us today:

 01257 421332

 Colette.O'Neil@makingspace.co.uk

 **Kingshill**
Wigan Road
Standish
Wigan
WN6 0AR

 www.makingspace.co.uk



If you would like this leaflet in a different language or format, please contact marketing@makingspace.co.uk

Head Office
Making Space, Lyne House, 46 Allen Street, Warrington, Cheshire, WA2 7JB