

SPECIALIST REHABILITATION DELIVERED
WITH CARE, COMFORT AND COMPASSION



A WELCOME MESSAGE FROM THE OWNERS

Martin, Clive, Derek and Shirley and all the staff at Clifton Lawns would like to offer a warm welcome to all our Service Users, their relatives, friends and all visitors. We have put together this booklet to help our Service Users, their families and their friends get to know us a little better.

We are not part of a nationwide chain of care homes, nor are we a regional business group. Instead we are a standalone business whose primary purpose is to provide the care, comfort and compassion that you would expect in your own home. We believe the focus should always be on carers who are knowledgeable, gentle, friendly, kind, and motivated as they are the heart of the home.

We listen with compassion to what our Service Users families and friends have to say and respond with the kind, personal, inclusive attention that we would hope for ourselves. We are a caring, listening care home.

Yours Sincerely,
Martin, Clive, Derek and Shirley



INTRODUCTION TO CLIFTON LAWNS.

Clifton Lawns is an 18 bed specialist nurse led rehabilitation unit registered with the Care Quality Commission under the Health and Social Care Act 2008. We offer support to adult males between the age of 18-65 with enduring mental health issues including personality disorder.

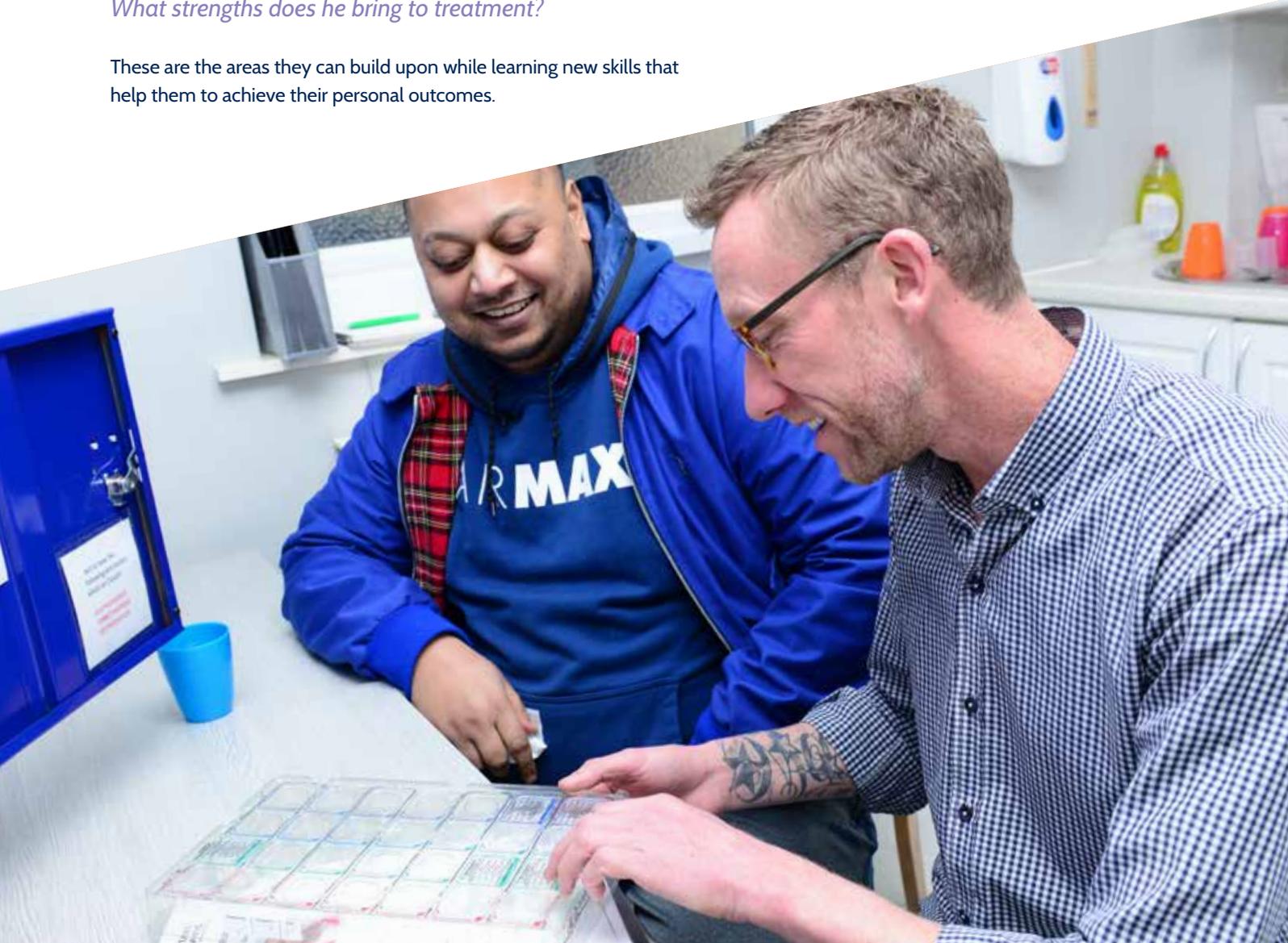
We provide 24 hour Registered Mental Health nurse cover. We welcome service users who may be on a Supervised Community Treatment Order, Sec 37/41 (Conditional Discharge) or on an informal basis.

Every service user at Clifton Lawns follows a treatment plan developed just for them. Together, the resident and the staff team design an individualised therapeutic program to help the resident help themselves. This collaborative process gives service users a sense of investment, empowerment and ownership of their recovery process.

Our treatment philosophy is built on the overriding goal of helping any individual obtain optimal health in all aspects of their life. **We start by listening to each individual.**

*What does he want for his life?
What skills does he need to help him achieve those goals?
What strengths does he bring to treatment?*

These are the areas they can build upon while learning new skills that help them to achieve their personal outcomes.



Call our friendly team on: 01254 703220



USING THE RECOVERY MODEL

The mental health foundation state that;

In mental health, recovery does not always refer to the process of complete recovery from a mental health problem in the way that we may recover from a physical health problem. For many people, the concept of recovery is about staying in control of their life despite experiencing a mental health problem.

Putting recovery into action means focusing care on supporting recovery and building the resilience of people with mental health problems, not just on treating or managing their symptoms.

The recovery model aims to help people with mental health problems to look beyond mere survival and existence. It encourages them to move forward, set new goals and do things and develop relationships that give their lives meaning.

Recovery emphasises that, while people may not have full control over their symptoms, they can have full control over their lives. Recovery is not about 'getting rid' of problems. It is about seeing beyond a person's mental health problems, recognising and fostering their abilities, interests and dreams.

Recovery can be a voyage of self-discovery and personal growth. Experiences of mental illness can provide opportunities for change, reflection and discovery of new values, skills and interests.

WHAT SUPPORTS RECOVERY?

Research has found that important factors on the road to recovery include:

- **Good Relationships**
- **Financial Security**
- **Satisfying Work**
- **Personal Growth**
- **The Right Living Environment**
- **Developing One's Own Cultural Or Spiritual Perspectives**
- **Developing Resilience To Possible Adversity Or Stress In The Future.**

Further factors highlighted by people as supporting them on their recovery journey include:

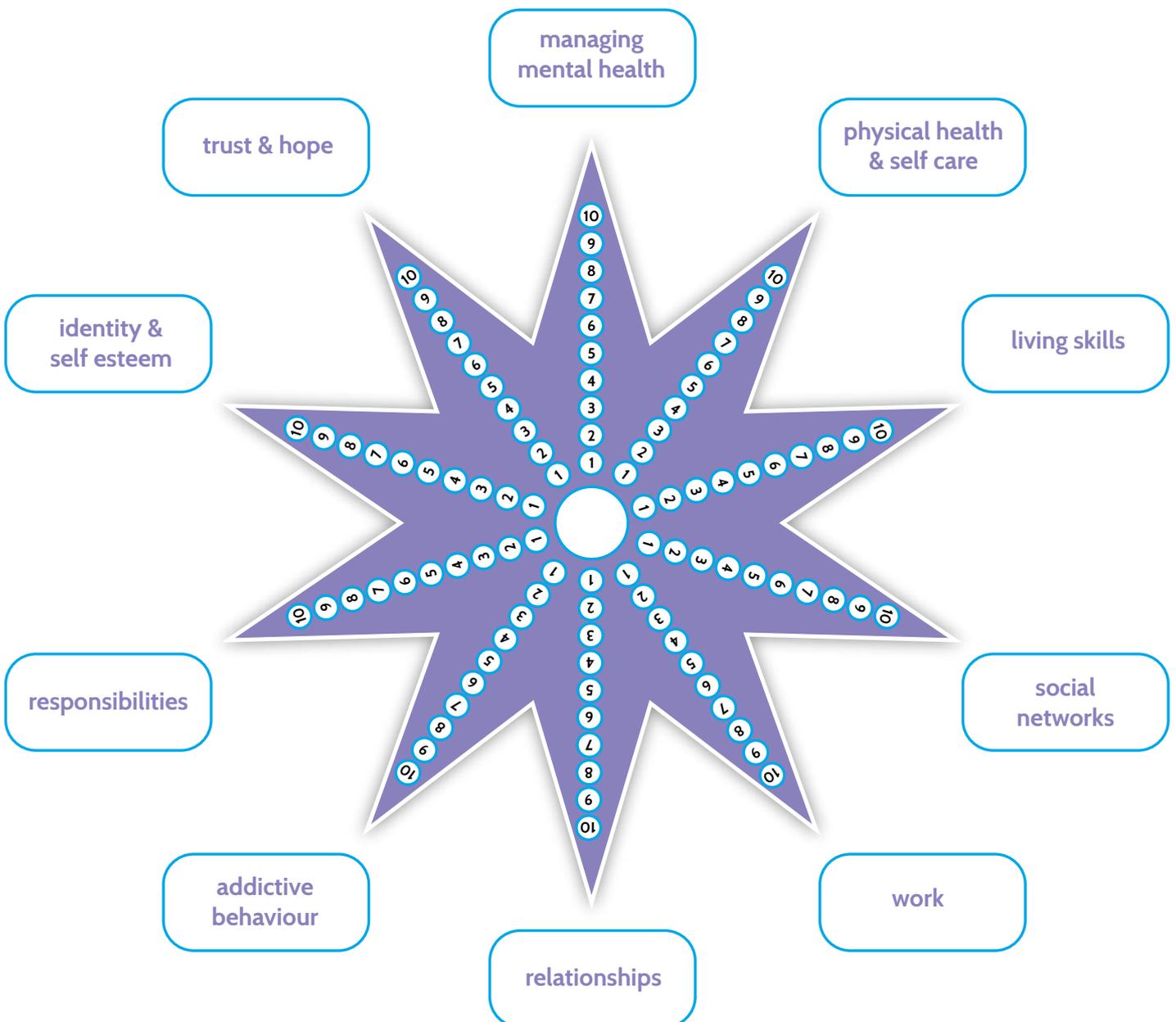
- **Being Believed In**
- **Being Listened To And Understood**
- **Getting Explanations For Problems Or Experiences**
- **Having The Opportunity To Temporarily Resign Responsibility During Periods Of Crisis.**

In addition, it is important that anyone who is supporting someone during the recovery process encourages them to develop their skills and supports them to achieve their goals.



RECOVERY STAR MODEL

The recovery model used at Clifton Lawns is based on the Recovery Star Model. All RMN's at Clifton Lawns are trained in the use of this model and support service users to discuss important issues, assess where they are now and where they are going. These assessments help service users set realistic and achievable goals in their recovery.



TESTIMONIALS

Quotes from service users include:

“The staff are absolutely marvellous. You can talk to any of them whenever you want. I have a care plan and I know what’s in it. It helps us all to know about my future.”

“They are very good about keeping the home clean and tidy. We tidy our own rooms and the staff help us if we need it.”

“They help me with my care plan and they know what’s in it. It helps us all know what my goals are.” “We all get together every couple of weeks to talk about the menu and other things. We all make suggestions about what we’d like to see on the menu and they always deliver.”

“At weekends we sometimes get a take away or cook together. It’s good to do that. Keeps me in practice, cause I’ll be moving into my own flat soon and it’s good for me.”



REFERRAL PROCESS

If you would like to make a referral please contact Dawn Wake or Hazel Savage on 01254 703220 or 01254 708739



Dawn Wake

dawn.wake@cliftonlawns.net



Hazel Savage

hazel.savage@cliftonlawns.net

ASSESSMENT

A comprehensive pre-admission assessment will be carried out prior to an offer of a placement at Clifton Lawns. This process will enable us to identify a prospective service user's needs, wishes and aspirations. Predictive care plans and a risk management plan will be generated from the information gathered.

At this time we will also be able to identify whether the service user requires RMN input and support or whether their needs can be met by our team of skilled and experienced support workers.

Dependent on the intensity of the care involved the monthly fee will be negotiated with the commissioning body.

INTRODUCTORY VISIT

An introductory visit will be arranged for the service user and their family and/or representative. This gives the prospective service user an opportunity to meet staff and other service users and to get a general feel for the home.

TRIAL PERIODS

Admissions generally take place after a trial period pending full discharge from the service user's current place of residence.

QUALITY MONITORING

At Clifton Lawns we continually aim to improve our service delivery. We work alongside service users, referrers and funders and external consultants to ensure high standards of care and value for money.



*You are
Stronger*
than you seem,
Braver
than you **believe, and**
Smarter
than you think you are.

CONTACT DETAILS

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www.cliftonlawns.net

Car park facilities available to rear of home.

For visitors using satellite navigation please enter post code as BB3 OBL.

