



Independence  
Inclusion  
Recovery

# Annual Report

Birchwood Highland Recovery  
Centre  
2007/08

Registered Office: 27 Huntly Street, Inverness, IV3 5PR  
A Company Limited by Guarantee  
Registered in Scotland 105400  
Scottish Charity Number SC003198

## Birchwood Highland Recovery Centre, Annual Report 2007/08

On the 18<sup>th</sup> March 2008, Birchwood House became officially known as Birchwood Highland Recovery Centre when the Centre was formally opened by Shona Robison MSP, Minister for Public Health.

This was a wonderful day for staff and service users and for Birchwood Highland as a whole; an opportunity to celebrate the tremendous achievements over the past 18 months as the Centre started along the journey of moving from a traditional residential home to a Recovery Centre, embracing the model of mental health recovery. The shift in the culture towards new ways of working (including far more intensive rehabilitation) started first, followed by nine months of intense building works, as we transformed the living and social spaces within the building into a modern, fresh and stimulating environment, much more conducive for an individual's recovery.



### The Grand Opening of BHRC



Tina Morrison well remembers the grand opening of the Recovery Centre in March 2008 when she helped Shona Robison plant a peach tree to mark the occasion. *"She talked about the building and asked me questions. She was very good. The tree is still looking quite healthy and the leaves are nice and shiny".*

Although the building works and refurbishment of the Centre involved much dust and at times intense noise, the builders and other workers were much missed by all at the Centre when they departed, as they were additional friendly faces around the building, people for those living at the Centre to converse with, view the progress being made on a daily basis and have a laugh with. All of this reinforces the importance of social interaction, making friends and having connections with people outside of the Recovery Centre, and ensuring that service users at the Centre have a full and active life and social networks outside of the building. This is one of our key aims with individuals coming to the Centre. We also hope to be able to recruit more befrienders and volunteers over the next year to add to the quality of an individual's life and experiences outside of the Centre.



### **Fresh Start For Karen**

Karen was the first person to move into the new accommodation in December 2007 and knows how it has helped her to feel able to make plans for the future. *"It's great. I really like the flat. It's helped me become more independent and confident. I hope to get the chance of a tenancy from the Council in the near future".*





It has certainly been a year of transition, of modernisation and fresh approaches for all staff and service users at the Recovery Centre. It has also been a year of networking and renewing and making new connections with professionals in health and social services as we now offer a service, which meets the needs of many more vulnerable adults in the Highlands. Much has been achieved this year and the foundations have been set for even more progress to

be made along the recovery model and in the development of services at the Recovery Centre during 2008/09.



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INVESTOR IN PEOPLE

