



Birchwood Highland

Recovery Centre



Annual Report 2009/2010

A Company Limited by Guarantee Registered in Scotland 105400

Registered Office Address: 27 Huntly Street, Inverness, IV3 5PR

Registered Charity No: SC003198

www.birchwoodhighland.org.uk

Birchwood Highland

Recovery Centre



Independence
Inclusion
Recovery

Annual Report 2009/2010

Birchwood Highland Recovery Centre has now been operating for just over two years. By working together with the people who use the service, we have continued to be successful in finding effective ways of promoting the independence, inclusion and recovery of service users by creating new opportunities for meaningful activity and closer working relationships with housing agencies and support providers.

Independence

Nine service users moved into their own tenancies in the last year, having used the Recovery Centre for an average of 17 months. Karen was one of the first people to use the Recovery Centre when it first opened and is now enjoying living in her own house.

"It's great to have my own place at last. Living in the Recovery Centre and having staff who believed in me and had a positive attitude

gave me the confidence to make a go of things in my own place."



Karen

After many years of moving round the country before using the services of the Recovery Centre, Richard decided he wanted to settle in Inverness and had no hesitation in accepting the offer of a tenancy with Highland Council.

"My time in Birchwood Highland Recovery Centre was pleasant and A1. It was very clean and tidy. Time spent in the Recovery Centre was useful in that I received support needed to move forward with my life, to live in my own home. I am thankful to my key-worker in



Peter and Jenny in the kitchen



Ten-pin Bowling

particular at the Recovery Centre, but also all staff for helping me achieve this major goal.”

Richard

Cooking practice can be important to some people’s growing independence and Peter knows just how this has helped him increase his confidence.

“My cooking skills got rusty with me being in hospital. I used to be quite a good cook in the kitchen but got into the habit of buying too many microwave meals. Working with Jenny as my cooking support worker has been really good and reminded me that I actually like preparing food and I’m good at it.”

Inclusion

As part of our aim of promoting social inclusion, staff have worked with service users to assist them make connections with resources in the community. These resources have been specific to individual circumstances and have included:

General Practitioner, Pharmacist, Citizens Advice, Highland Council Service Point, Jobcentre, Leisure Centre, Ten Pin Bowling, Cairdeas Cottage, Manna House, Inverness College, Eden Court Theatre, Befrienders Highland, Volunteering Highland, Lighthouse Project.

In a survey of service users in 2009, just under 90% of people said they felt more included in the local community than they had in the previous year.



Recovery

Relationships that value people, the physical environment and participation in support planning and review have been essential elements in building the self confidence of service users. This confidence has assisted service users to try new opportunities for personal development.

These opportunities have included:

Use of Inverness College for courses in Art, Music, Cooking.

Use of Volunteering Highland for work placements, eg Handyperson Scheme,

Birchwood Highland

Recovery Centre



volunteering with People's Dispensary for Sick Animals, Green Gym, work experience in office, work experience in garden.

Shared training opportunities with Birchwood staff in Food Hygiene, First Aid, Selection and Recruitment of Staff, Recovery, Social Inclusion.

Fire safety talks, home safety checks by Fire Officer.

Use of Inverness Leisure Centre Gym, Swimming, Cycle Proficiency Training, Walking Group, Cycling Group.

Abriachan Community Forest Trust - 8 week course with the Forest School.

Use of Eden Court Theatre, Dance Therapy, Art sessions at Recovery Centre.

Cooking Support, Successful Housekeeping Programme.

Recycling Project.

Ken believes his self confidence has grown as he has come to realise how important the great outdoors is to his personal wellbeing and lifestyle. Doing a course with Abriachan Community Forest School was an experience that he says has helped his recovery.

“What can I say? The whole thing was fantastic. I loved walking through the forest with its different smells, wonderful views and quietness. We learnt how to make a shelter in the wood, light a fire to cook on, and made walking sticks and a bench made from birchwood.”

Ken

This last year has been a time for thinking about the environment and our recycling project has become well established. Neil has helped to gather and sort material like plastic, tin, paper, card and glass ready for taking to Council Recycling Centre.

“Yes. I think it is important to recycle stuff. Better than just putting everything in the bin. I don't mind helping with the recycling but I hate the wasps when they fly about the empty plastic cola bottles.”

Neil

Meaningful Activity

The Occupancy Agreement had additions made to it in the last year to reflect the importance of meaningful activity in people's journey of recovery. This is evidenced in the research by the Scottish Recovery Network.

At times it has been challenging for staff to engage effectively with service users



Preparation, early Spring



A productive greenhouse

in recovery focused activity and the promotion of a 'work ordered day' which involves meaningful activity. Often, people moving to the Recovery Centre from hospital have been accustomed to spending most of the morning in bed. This habit has been difficult to change.

More recently, we have spent particular time with new referrals to make them aware of our expectations of their participation in their recovery and as part of this we have amended the Occupancy Agreement to include a clause whereby the service user is responsible for participating in a number of sessions of meaningful activity appropriate to their personal circumstances. This approach is proving to be of benefit and is contributing to positive relationships between staff and service users and in turn promotes recovery. For some people this can mean helping with recycling, tidying the communal parts of the building or helping in the garden.

Garden Project

This last year has seen the garden area really taking shape after all the heavy manual work of the previous year when Tom redesigned the space on the south side of the building - with the help of

volunteers.



Tom has a keen sense of what the change has meant and is always enthusiastic in encouraging people to get involved:

“From from the first tiny seeds being sown to the potatoes being hauled out of the ground and the sweet peas being harvested, the garden at Birchwood has seen a radical transition. Every job, no matter how small, has importance and meaning - without constant weeding the veg would become choked and unproductive. Without watering the veg would wilt and die. And perhaps most importantly, without willing volunteers to help with the day--to-day activities, there would be no one to appreciate just what a wonderful resource lies within reach.....”

Tom

Birchwood Highland Recovery Centre



Respite / Short Term Care Service

Three places nominated for respite care have been used by 26 people in the last year and is becoming increasingly popular as Care Managers learn about this service. People using the service have come from the following areas:

Inverness = 12

Nairn = 6

Caithness = 4

Sutherland = 2

Easter Ross = 2

Zak has used the respite care service on a number of occasions and is clear about the value to himself.

“There is a friendly atmosphere and I feel free to do my own thing with no pressure from staff. I feel being here certainly takes a lot of weight of my mind.”

Zak

Student Placements

Birchwood Highland Recovery Centre has established a reputation in offering student nurses and student social care workers opportunities to enjoy a rich learning experience.

Fiona who is in the third year of nurse training has had first-hand experience of BHRC

“I have really enjoyed my placement. I feel I have learned a lot from getting to know people and hearing about their stories of how they have overcome barriers and tried to get on with their lives.”

Fiona

“My name is Gaynor and I am an HNC student on placement at BHRC. I have really enjoyed my placement and I feel that I have been included in team activity and given the chance to develop a better understanding of individuals who live with mental health problems. I have learnt a lot from the staff and service users and would like to thank them for putting up with all my questions.”

Gaynor





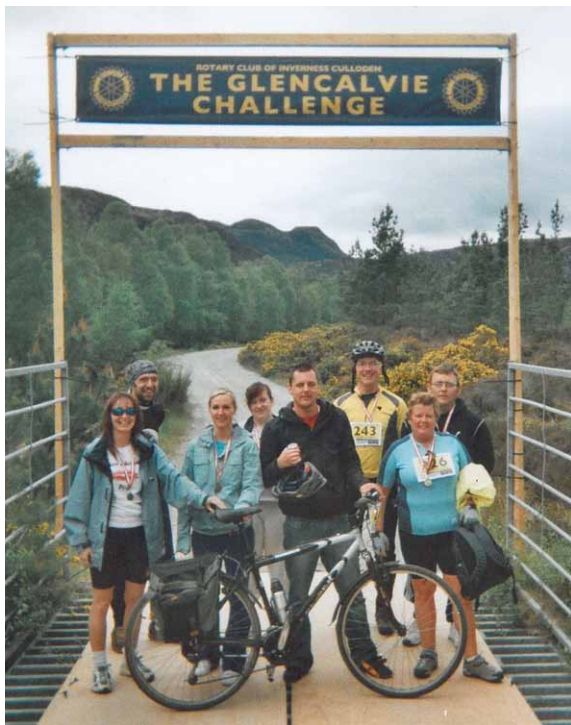
Highland Cross 2010



Sailing Group

Fundraising

Staff, service users and friends raised £700 in May by participating in the Glencalvie Challenge. They cycled 17.5 miles over rough and hilly ground from the Blackbridge in Ross-shire to Glencalvie Lodge in Sutherland. All money raised went to the Service User Development Fund.



Highland Cross organisers have selected Birchwood to be a beneficiary of the

2010 Highland Cross. We hope to gain £20,000 from this event that will allow improvements to the shower facilities and the soft furnishings of the single rooms. This work should commence in the autumn of 2010.

Birchwood Highland is very grateful to the Robertson Trust which gave a generous donation of £15,000 towards the running costs of the Recovery Centre and made a substantial difference to the health of our budget and the delivery of services.

Physical Activity and New Opportunities

Raising awareness of the benefits of physical activity has been an on-going project with service users being encouraged to try new activities such as swimming, skiing, sailing and cycling.



Birchwood Highland Recovery Centre



Active Autumn awards



Commemorative tree

Jenny Roberts, support worker, came up with the idea of `Active Autumn` and encouraged people to participate during November.

“Most people would agree exercise is good for you. However, some do not realise that not only is it good for you physically but it is also good for you mentally. Research has shown that regular moderate exercise can decrease stress levels and reduce the risk or symptoms of depression.”

Jenny

To raise awareness of this, staff at the Recovery Centre challenged its service users to get up and get active during November.

Over the month, service users were awarded 10 points for carrying out activities such as going to the gym (and working out!), walking in to town or running. Everyone who managed to reach 100 points over the course of the month was presented with a trophy (see picture) on 4th January 2010.

The two achievers of 100 points shown in the photo are David Pedersen (left of picture) and Damian Macgregor-Lane (right of picture). In the middle is support worker Jenny Roberts who is keen to get everyone more active and came up with

the idea.

Shared Training

This last year has seen staff and service users come together for a number of training sessions including First Aid, Inclusion, Promoting Recovery, Food Hygiene, Alcohol Awareness and Staff Recruitment and Selection.

The importance of this was highlighted by a number of people in the last service users survey and we are committed to maintaining opportunities for shared training.

Remembering Ahlee Jackson

Ahlee worked at the Recovery Centre as Relief Support Worker. She died suddenly on 28th March 2010 in a road traffic accident. Ahlee's personality made an impact on all staff and service users who met her and we decided to plant a tree in our newly designed garden in her memory. Her parents, family members, service users and staff attended a short celebration to mark the planting of the tree.

Contact Details

Birchwood Highland Recovery Centre
Muirfield Lane
Inverness
IV2 4AX
Tel: 01463 716600

Manager:

Stephen Dunphy
Email: stephen.dunphy@birchwoodhighland.org.uk

Team Leaders:

Sue Stone,
Email: sue.stone@birchwoodhighland.org.uk

Angela Wilkinson
Email: angela.wilkinson@birchwoodhighland.org.uk

Head Office:

5 Wells Street, Inverness, IV3 5JT
Tel: 01463 236507
Email: info@birchwoodhighland.org.uk
www.birchwoodhighland.org.uk

A Company Limited by Guarantee Registered in
Scotland 105400

Registered Office Address:
27 Huntly Street, Inverness IV3 5PR

Registered Charity No: SC003198