

# Birchwood Highland Recovery Centre



**Offering short-term stay  
and respite care**

## About Birchwood Highland

Birchwood Highland is a local mental health charity providing care and support for people with mental health problems, either in their own home or within Birchwood Highland Recovery Centre. Our aim is to support you to live your life to the full, to be part of the community and to gain the skills and confidence to do this.

## Birchwood Highland Recovery Centre

At the Recovery Centre we can offer you the opportunity to work with us to find ways of tackling your mental health problems. The word 'recovery' does not necessarily mean that you are cured of your illness; the focus of recovery at Birchwood Highland is discovering ways of living your life to the full, finding out what makes you feel positive about yourself, discovering or rediscovering skills and interests which can play a part in you achieving a fulfilling life, over which you feel you have a sense of control.

The Recovery Centre has qualified and experienced staff who can offer you support and care based upon your own goals.

## Respite care

The Recovery Centre can offer you the opportunity to have a break from the stresses and strains of everyday life. There may be times when having a break away from home, family and your usual routine can lessen the chances of you becoming unwell. After all, anyone can benefit from a break from every day stresses.

We would hope that a planned, short term stay at the Recovery Centre will provide you with



*“My stay in Birchwood of one week offered me much more than I had anticipated.”*



*“The benefits to me are enormous. I enjoy meeting people. I can relax for a week knowing the people around me have an understanding of my situation.”*

*“The staff were superb and the service was of the same order. The food allowed for a good choice. I have every intention of returning to BHRC in the summer, when I believe that the Centre can show itself to the best effect.”*

*“I feel safe here. The staff are freindly and don't give me any hassle or pressure.”*



the opportunity to relax, have some peace and quiet and re-charge your batteries. A short term break will hopefully give your mental wellbeing a boost and enable you to return home in a positive and more relaxed state of mind.

If peace and quiet are not all that you require, we have an activity organised on most days of the week, which you are welcome to take part in. These activities may include swimming, walking group, art, cycling, gardening and relaxation group to name a few.

The accommodation offered is a single room with shared bathroom facilities. We also have a shared laundry room which you may use. As we hope your time at the Recovery Centre feels like a break, we will provide you with meals and cater for any specific dietary needs. We have a bright and comfortable lounge area looking out onto a courtyard where you can sit and chat with other service users.

## Applying for respite care

In order to access a place for respite care, you will need to speak to your CPN, social worker, community support worker or GP.

You can also find advice and guidance on our website, [www.birchwoodhighland.org.uk](http://www.birchwoodhighland.org.uk)

## Quality care standards

The services provided at the Recovery Centre are monitored, reviewed and inspected by the Care Commission with whom we are registered. The care and support we provide and the standards we work to are monitored by the NHS and Social Services.

## We value your feedback

We also need to know what you as a service user feel about the service we provide. We regularly ask service users for their views and opinions. This helps us improve the service we provide.

## Contact us

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