

Westhope Mews Horsham



Our Support

At Westhope Mews, we provide support for 8 adults with Learning Disabilities and Physical disabilities. The service offers a variety of supportive pathways, personalised to suit each person's specific needs. We are focused on the strengths, interests and dreams of each person we support.

Westhope Mews provides a transitional support model for people, this specialist model offers people a carefully planned and risk managed independent pathway. This model has proved successful in providing rehabilitation and support to transition from residential services towards independence or community supported living services.

Person Centred Approach

Westhope Mews focuses on person-centred planning to ensure individuals receive the appropriate level of support. There are many benefits to using a person-centred planning, including:

- To identify short or long term goals, helping each individual achieve these goals
- To plan activities and build on skills
- Make the right life choices and seek new opportunities

Westhope Mews encourages a number of meaningful activities for people to get involved with and to support them to meet their individual goals and aspirations Activities include:

- Arts and Crafts
- Exercise and Gym
- Gardening

Staff at the service put people at the centre of their support and are well-known for their positive, encouraging and caring approach. Staff are required to undergo continuous training and development provided by specialist and bespoke training.

Positive outcomes

We have successfully worked with individuals who have complex, long-term rehabilitation needs and we have a proven record of enabling people to move on to more independent models of support. We work alongside individuals to help them build their future and increase personal empowerment. We support women to access training, volunteering, education and where possible employment opportunities. Everyone is encouraged to engage in their local community and learn and practise new skills and supported to rediscover skills which may have previously been lost. Our aim is to improve everyone's social awareness skills which are further developed through accessing the community.. Our approach offers people access to college, travel training and leisure activities.

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We aim to:

- Provide a person centred approach is offered to individuals to conduct care review meetings with full involvement in identifying what is working and what is important to them both now and in the future.
- Develop a relationship based on respect, positive engagement, resource investigation and advocacy.
- Support mental health through focussed relapse monitoring with early intervention.
- Encourage individuals to establish and maintain relationships external to the home through visiting hours/community activities.
- Develop daily living skills, and maintain any hobbies individuals have prior to their placement.

Accommodation

Westhope Mews has 8 large bedrooms all with en-suite wet rooms. The main bathroom offers a high/low spa bath and is available for the everyone supported at Westhope Mews to use when they wish. There are also communal areas including kitchen, dining room, lounge, activity room and also an additional training kitchen to enable service users to practice the essential everyday skills of preparing meals.

The service is based in the heart of the community, where it is excellent for introducing independence to the people we support. Westhope Mews has many positive links in the community including health services, local hairdressers and opportunities for the people we support to do what they love.

Case study

One of our current residents Irene, who is a lady in her 70's who has Down Syndrome moved to Westhope Mews 18 months ago. When Irene arrived at the home, she was bed bound and refused to move from anywhere other than her room. Irene has been in residential care most of her life, therefore it was important for us to settle her into the home.

Our staff consistently tried to get Irene active, where she eventually accepted a care plan and the support from the staff to aid her recovery. Irene accepted personal care and started to become more confident within herself.

Irene now goes on trips into the local town, loves spending time in the local community and even goes to hairdressers independently. She has even personalised her room, and found her love for cowboys and western films. She has now got a TV in her room, where she watches all the films she loves.

Staff have said that she has become 'the life and soul of the home' and her personality has been brought to light. Her journey within the home has been amazing and the difference from 18 months ago to now is wonderful to see.



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