Care pathways into the community

Transforming lives together
At St Andrew’s the delivery of personalised care is paramount. Central to this is the environment in which people are supported and cared for.

The Charity has a long-standing commitment to supporting the health and wellbeing of people with learning disabilities (LD) and autistic spectrum disorders (ASD).

We recognise that, historically, there have been limited opportunities for people leaving secure services to create a fulfilling life in the community.

In response to this, the Charity has designed a range of provision which balances rights, responsibilities and the management of risk. These options include Glendale, Garden Cottage and Billing Lodge, which offer easy access to extensive therapies and vocational skills training. These services are complemented by Watkins House and Winslow which are ideally situated to facilitate increased choice, control and positive risk taking.

In support of the Transforming Care programme, we offer these opportunities to people within the Charity and for those who wish to return from out-of-area.
Knowledge and skills at St Andrew’s

High quality care relies on a knowledgeable and skilled workforce.

To ensure people get the very highest standard of support, we have a range of professions underpinned by extensive training and development.

Our ASPIRE programme helps staff to gain a nursing degree, while being supported by a £15,000 per year bursary. ASPIRE allows the Charity to ‘grow our own’ nurses, through the recognition of motivated and talented individuals who are keen to develop both personally and professionally. The programme enables St Andrew’s staff to complete their nursing degree and is available to individuals who are either starting their career in mental health or learning disability nursing, or for those who are already part way through their training.

Our skilled team enable us to deliver therapies such as a comprehensive, five function Dialectical Behaviour Therapy (DBT) programme, delivered by a DBT-UK trained multi-disciplinary team (MDT). This programme works with sensory integration techniques, helping people to develop skills in self-regulation and functional performance, through weekly DBT skills groups, mindfulness practice sessions and 1:1 therapy sessions.
Billing Lodge

Women with a learning disability

A service for women in Northampton, Billing Lodge accommodates 3 people and is located in close proximity to the Charity’s secure learning disability service, enabling continuity of care and treatment. This enables a move from medium and low secure services, both from within the Charity, and for those returning closer to home. The plan of care builds confidence through vocational activities and improved daily living skills, with a focus on positive risk taking.

Facilities
- lounge area
- 2 bedrooms with en-suites
- 1 further bedroom with bathroom
- a fully equipped kitchen and dining area

Admission criteria
We accept women aged 18+ who are diagnosed with a learning disability and are on a pathway to independent living.
Garden Cottage

Men with a learning disability and/or autistic spectrum disorder

A house for 5 men with autistic spectrum disorders, located on our Northampton site. This is a locked service in close proximity to our low secure ASD provision. The plan of care builds confidence through vocational activities and improved daily living skills, with a focus on positive risk taking.

Facilities

- lounge area
- 2 bedrooms with en-suites
- 3 further bedrooms with 2 bathrooms
- 2 fully equipped kitchens and dining area
- garden with lawn and beds for planting

Admission criteria

We accept men aged 18+ who are diagnosed with a learning disability and/or autistic spectrum disorder who are on a pathway to independent living.
A community transition service specialising in supporting men with a learning disability and/or autistic spectrum disorders on their journey towards independent living. Watkins House is located in a residential street near to the Northampton site offering easy access to hospital facilities should they be needed. This arrangement means that people are able to leave the ward environment and continue to participate in treatment programmes and individual therapies.

**Facilities**
- 6 bedrooms each with a bathroom
- large kitchen and lounge areas
- large garden with patio, lawn and planting area

**Admission criteria**
We accept men aged 18+ who are diagnosed with a learning disability and/or autistic spectrum disorder who are on a pathway to independent living.
Winslow is a specialist residential care service located in Bestwood village near Mansfield, Nottinghamshire. It focuses on supporting people with learning disabilities and/or autistic spectrum disorders, in the community.

Committed to supporting the local Transforming Care strategy, Winslow offers an opportunity for local people to return into area. It also works closely with our hospital services creating a smooth transition into the community.

**Facilities**

- 6 self-contained personalised apartments, each with its own front door, kitchen, living space, bedroom and bathroom
- shared garden areas
- 2 rooms for socialising, celebrations and gatherings

**Admission criteria**

We accept men and women aged 18+ who are diagnosed with a learning disability and/or autistic spectrum disorder.
The future

St Andrew’s is committed to the National Transforming Care Agenda and has an ambitious programme of reconfiguration and expansion in support of this. Reinvestment of surplus and realisation of efficiencies will enable the Charity to develop new models aligned to ‘Building the Right Support’.*

Plans are in place to develop individual apartments, including private gardens and space for visitors and socialising, utilising assistive technology to maximise independence and encourage positive risk taking. In doing so, we will offer a unique opportunity for people who need highly bespoke arrangements.

If you would like to find out more, please contact our admissions team on 0800 434 6690.

*NHSE, LGA and ADASS (2015) Building the Right Support

To find out more please contact us:

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