

Issue No. 3

31st March 2023

The Extra Chapter Newsletter

All the latest news from The Withins



*"Don't judge my story by
the chapter you walked in
on"*
Source Unknown

MY TIME AT THE WITHINS

A bit about me.



My name is Mo.

I have lived at The Withins since November 2021. I am really enjoying my time here. The staff are very supportive and I have formed some really good friendships with my fellow residents.



I enjoy shopping and spending time with my family.

Staff at The Withins have supported me to enrol on a barbering course Level 2.

I have already passed 5 academic assessments and 3 practical. Once this course is finished I am eager to progress with my education, be that a level 3 in barbering or something else.



Manchester United Stadium

Tour



Some of the residents decided they would like to go to Old Trafford and have a tour of the ground and facilities. Staff supported them to use public transport and they even had lunch out.



Next Chapter Healthcare Success Stories



Following on from last month's article about one of our resident's college course, two more residents have now enrolled at Bury Adult Learning Service.

One will be studying "Bake Yourself Happy" whilst the other will be

studying "An Introduction to Mindfulness"

Stay posted for updates....



ART THERAPY



The lovely Sally has been coming to The Withins once a week to hold Art Therapy sessions.

As you can see by the happy, smiling faces, its been a big hit.

The course was initially scheduled for four weeks but has now been extended indefinitely.



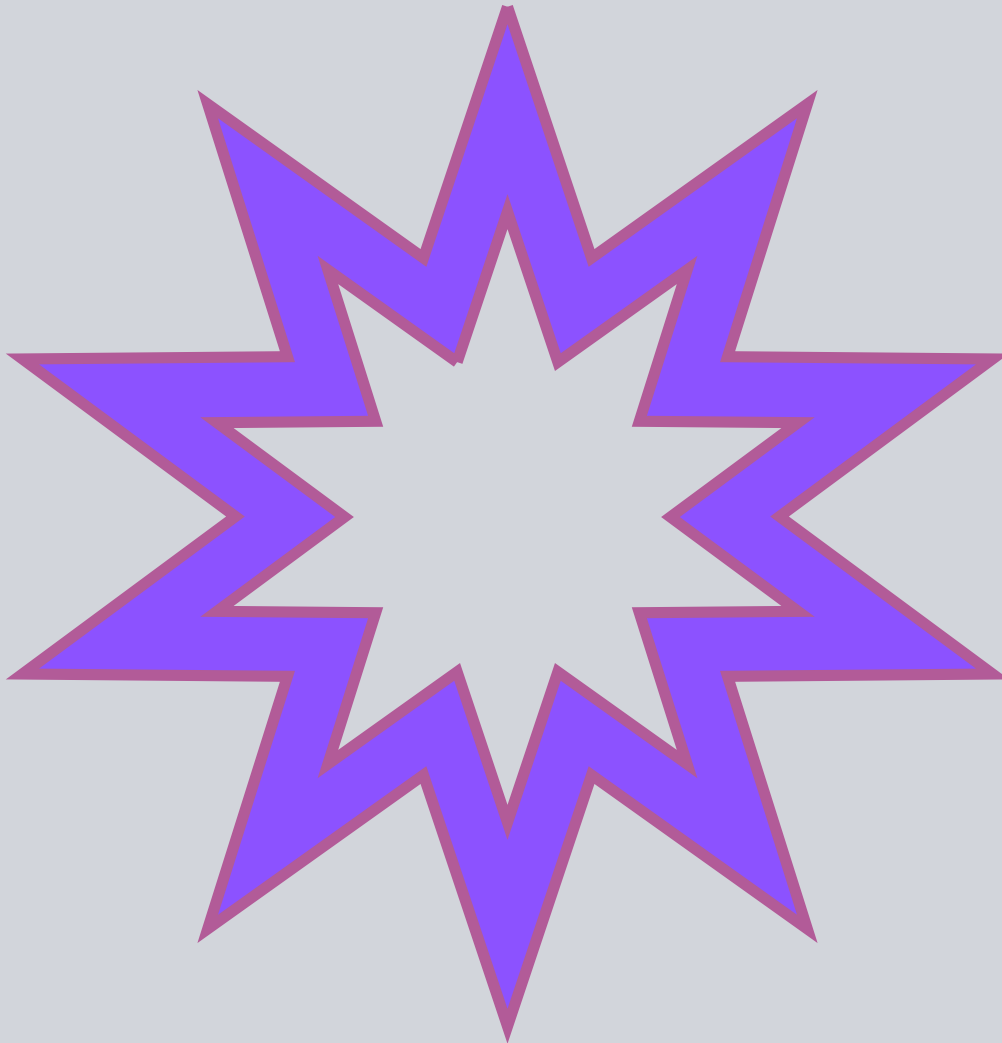
St Patrick's Day Celebrations



Everyone at The Withins celebrated St Patrick's Day with decorations, Irish Stew and cakes.



Outcomes Star



Our Support, Time and Recovery worker is now working with the residents to develop the "Outcomes Star"

We are working hard with each of them to develop skills and independence in; Motivation and taking responsibility; Self-care and living skills; Managing money; Social Networks and relationships; Drug and alcohol misuse; Physical, emotional and mental health; Meaningful use of time; Managing tenancy and accomodation; and offending.

Sponsored Walk Challenge

WE DID IT!!!



Staff completed the challenge and walked an incredible

1200 miles!

By doing so, they have raised £250 which has been split between Trinity Foodbank Radcliffe and various



Mental Health Charities. Next Chapter Healthcare would like to thank wholeheartedly everyone who participated and sponsored us for such good causes.

Everyone associated with Next Chapter Healthcare would like to wish all our Muslim friends a very blessed Ramadam and Eid.



Ramadam Kareem

We were blessed to be sent a cake from the family of one of our residents so that we could celebrate Iftar with him.



Coming in the April issue...

- Update on College Courses.
- St George's Day Celebrations
- More fundraising activities
- Another "About Me" section

and much more.....

Our Mission Statement.

Our Vision

We will provide people with ongoing mental health recovery and rehabilitation needs every opportunity to thrive in their community. As an organisation we want to be recognised as a world class healthcare and rehabilitation provider.

Our Mission.

To work in partnership with all organisations that support people on their journey to recovery.

We do this by supporting people to:

- Stay well and increase their confidence and self-esteem.
- Develop the skills necessary to live independent, healthy and fulfilling lives.
- Engage in society by working in partnership with local voluntary, charity and educational establishments to create opportunities.
- To develop a team of individuals who are dedicated to developing and providing the best possible care in order to allow people to be able to live a meaningful and satisfying life in the presence or absence of symptoms.

Our Values

- Caring - Our actions show concern and kindness for each other at all times.
- Open - We see things how they really are and how they could be.
- Responsive - We respond to all feedback, suggestions and influences and see them as opportunities to grow and improve.
- Respectful - We listen to the opinions of others without comment or judgement.
- Together- We work in partnership with organisations that support our vision, mission and values.

