

Issue No. 4

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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 Gemma.

I am 30 years old.

I like Harry Potter, music and art.



In my youth, I have spent time in the Territorial Army. I made some good friendships and enjoyed the physicality of it.

I like to attend the Art Therapy sessions held at The Withins, and am happy to have my work displayed throughout the house.

I have made some great friends while at The Withins

I am moving on to a new place very soon and am looking forward to meeting new people and making a future for myself. I have just enrolled on a Health and Social Care Level 3 Diploma

Meet the Directors



Ben is our Financial Director and has an office within The Withins. He is available most week days if residents need to speak to him.

He likes gardening and is a keen Everton supporter.

Gail is our Clinical Director and also has an office at The Withins.

She has worked in Mental Health services most of her adult life and is very passionate about the rehabilitation and recovery of our residents. She is a massive Manchester City fan and loves most genres of music.



Michael is our Director of building and maintenance services and is in charge of ensuring that the building and its grounds are safe for our residents. He does not have an office here but is available via telephone should we need him.

He enjoys watching most sports, especially horse racing and football.



Next Chapter Healthcare Success Stories

As we shared last month, our resident who had embarked on a barbering level 2 course is now only a few short weeks away from passing that course. He has passed all exams and assessments except for the final one, which he will be undertaking in the next week or so. He has already applied for the NVQ Level 3 course will add to his qualifications and also teach him about the basics of running his own salon. He is very excited for the future.

Our lovely Dorothy who you may remember from a previous newsletter has completed her "Bake yourself happy" course and is eager to find something else.



Another of our residents is due to start a short course with Bury Adult Learning next week which will teach him about healthy eating and shopping within a budget.



The Coronation of His Majesty King Charles III



*Another party at
The Withins, this
time to celebrate
our new King*

Animal Safari



We had a marvellous visit from the team at Home Safari, the animal therapy group. Staff and residents got really hands on with all the amazing creatures they brought for us.



Days out @ The Within's

As part of their rehabilitation, we ask residents regularly to plan an activity that they would like to do. They are to try and plan, price up and get as much information as they can with little or no staff support. This can be either in a 1-1 setting or as a group. This month some have chosen to go for a meal together while one lady wanted to go on the East Lancs Railway



Getting ready for the summer

Our green fingered resident, Tony as been busy over the last few weeks getting the garden summer ready. He has cleaned out the potting shed and planted some fruit and vegetables for us all to enjoy in the coming months. Tony loves spending time outdoors and always jumps at the chance to do some gardening.



Goodbye and Good Luck, Gemma

Once again we have had the privilege to watch a resident be ready to move on to pastures new. Staff and residents held a barbecue garden party to help Gemma celebrate and to be able to say goodbye in style. We even had an amazing singer for the occasion. All the best for the future, Gemma!



WOW AWARD



The second Next Chapter Healthcare WOW Award has been given to Karen, our STAR co-ordinator for all her hard work in developing and implementing our new care plan and recovery STAR model.

Congratulations Karen.

Coming in the next issue...

- Update on College Courses.
- Day out to Dunham Massey
- More fundraising activities
- Another "About Me" section for staff and residents

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.

