

Issue No. 1

1st January 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

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.



MY TIME AT THE WITHINS

A bit about me.

My name is Chris. I was the first resident at The Withins. I have been here for nineteen months.



My hobbies are; listening to music; playing board games

and playing computer games. I like mindfulness meditation and I lead a group most weeks in the lounge.



I enjoy this as it gives me a good sense of wellbeing



We offer all kinds of activities at The Withins, including pet therapy, where our staff bring in their dogs for cuddles, along with Support Worker, Natalie taking residents out to visit her horse, Aisa.

We also like to get the residents involved in helping to decorate the house for special occasions, such as Armistice Day and Christmas



Next Chapter Healthcare Festive Foodbank

Next Chapter Healthcare wanted to reduce the stress of the festive season by providing the ingredients for a Christmas dinner for those in the local community who are struggling. With the help and support of our staff, residents and local community, we managed to raise an incredible £1055.

Working in collaboration with Trinity Foodbank, Radcliffe and local counsellors, we were able to donate to 27 families, feeding over 102 people



Christmas meal

Staff and residents prepared for Christmas with a lovely meal at The Ainsworth Arms





Followed by a visit to The Met Theatre to watch Dick Whittington

Merry Christmas and a Happy New Year





Staff and residents prepared a buffet to welcome in the New Year





*Seeing in 2023
with a spot of
Karaoke*

Coming in February..

Birthday celebrations

Eating out

Day trips to a Theme Park, Cinema, Arcade
Club

5-a-side football game.

Build a c.v workshop

Health and lifestyle workshop

Pet Therapy