

## The *approach* lodge Newsletter

### Introduction

Approach Lodge is a 7 bedroom rehabilitation home that prepares adults recovering from mental health problems to sustain an independent life.

We are passionate about developing the independence of our service users in every aspect of their life to enable them to reach their potential and live as independently as possible through our personalised “My L.I.F.E” programme.

### FEES UPDATE £950-£1150pw



In the current financial climate, we have done our utmost to make economical cuts and work alongside commissioners to make sure our approach not only supports the goal of independent living for service users, but also considers the needs and expectations of local authorities and we are taking pro-active steps to achieve this. In the last six months Approach lodge has reduced its average fees by nearly 30% in supporting local authorities in making much needed savings whilst still receiving the high standard and quality that they have come to expect from Approach Lodge. Our current fees now range from £950pw to £1150pw.

### CQC COMPLIANCE VISIT SEPTEMBER 2011



The Care Quality Commission visited us over a 2 day period in September 2011. During their visit they audited us on different essential standards to reach one of the following judgements in each outcome looked into:

- a. Compliant      b. Minor Concern      c. Moderate Concern      d. Major Concern

We are proud to announce that we were judged as “Compliant” in all 6 Outcome areas judged with no recommendations whatsoever which is the best possible scoring available to us. We would like to congratulate everyone that has supported us with all of the improvements we have made in the last few years.

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## Assistive Technology

Approach Lodge is now equipped with Assistive Technologies. It promotes greater independence by enabling its users to perform tasks safely and independently which they were previously unable to accomplish if unassisted.

Service users will become familiar with the technologies around the house so that when they move on to independent living, it will make the transition easier as they are already used to using the technology.

The Assistive Technology that can be found in the house includes Tele-care options such as:

- Temperature Extreme Sensors
- Flood detectors
- CO2 detectors



## Smoke Free

During a 1 to 1 session with Adam, one of our service users it was recognised that the reasons he smoked were to manage symptoms that are related to his illness and to reduce some side effects of his medication. During a review meeting, we discussed the interaction between antipsychotic medication that he is prescribed and cigarettes. At the end of the meeting he was provided with leaflets regarding smoking, which he went away and read.

In the next 1to 1 session, he was thankful for the information that was given to him and he requested that he wanted to attend a smoking cessation group. The home manager Jimmy made arrangement for the first meeting with the Bethnal Green FagEnd Team.

The Bethnal green Smoke Free team attended the first meeting and were able to meet the Approach Lodge team, Adam and other services users. A smoke free campaign was welcomed by all at Approach Lodge. The Bethnal Green Clozapine clinic was informed and they gave the go ahead for him to start his nicotine therapy. His care plan was updated and the Bethnal Green smoke free campaign policy was incorporated with our internal Approach Lodge smoking policy.

After a while Adam was able to quit his smoking habit and reported that he is now able to manage his symptoms without the need to smoke. He also said that he was no longer experiencing the side effects of his neuroleptic medications.

Approach Lodge was given a Smoke Free Business Award for their positive contribution to the smoke free campaign in Bethnal Green. The award ceremony was educative and the Deputy Mayor of Tower Hamlets presented the awards to lucky winners.



## Points of Culture.....Integrity

In a modern and fast moving world it is sometimes easy to forget the most important things. At Approach Lodge our Points of Culture help to emphasize the importance of manners and respect in day to day life. A big part of this is the value of Integrity.

Integrity is point number 3 in our 9 Points of Culture and is shown below:

### 3. Integrity

- 3.1 Always be honest, telling the truth as you see it
- 3.2 Maintain professional boundaries at all times
- 3.3 Practice what you teach
- 3.4 Be dependable and only make an agreement you intend to keep, and by the dates agreed
- 3.5 Take pride in your appearance and dress accordingly to the homes professional status



## Friday Night Disco

For the last few weeks Approach Lodge has had a Friday Night Disco for the service users.

The disco night is held in the lounge, from 8:00 pm onwards with a different genre of music played each night along with a variety of food ranging from different cultures.

At the disco night the service users have the opportunity to dance and chat, helping them gain confidence and hone their social skills in a safe and comfortable setting.

A comment from a team member regarding the disco night said "it's a big success, the service users and team really enjoy the night. Some of the residents dance the night away. You can really see their self-confidence grow."

## FOCUS ON: *Personality Disorder*

Personality disorders usually become noticeable in adolescence or early adulthood, but sometimes start in childhood. They can make it difficult for you to start and keep friendships or other relationships and you will find it hard to work effectively with others. Not surprisingly, you may feel very alienated and alone. How much the problems disrupt someone's life, and how well they can be treated will vary. You may have other difficulties at the same time, such as depression or phobias. Someone with avoidant personality disorder (APD) for instance, may also suffer from agoraphobia. Even if the phobia is sorted out, stressful events can still trigger problems linked with the personality disorder. Personality disorder can show itself in different ways. The DSM-IV-TR (The American Psychiatric Association's manual of mental disorders) lists ten types. Each one is linked with a different set of attitudes, emotions, and behaviours. While some people will have only one type, others may have elements of two or more.

### *List of Personality Disorder types:*

- Narcissistic personality disorder
- Antisocial personality disorder (APD)
- Avoidant (or anxious) personality disorder
- Dependent personality disorder
- Obsessive-compulsive personality disorder (OCPD)
- Paranoid personality disorder
- Schizoid personality disorder
- Schizotypal personality disorder
- Borderline personality disorder (BPD)
- Histrionic personality disorder

## Nazrul's Story

My name is Nazrul. I was first diagnosed with paranoid schizophrenia a couple of years ago.

My background is not what you might assume for someone with a mental illness. I had a lovely family, lots of friends, and a great social life. When I became sick, little by little I lost everything. My family, my friends, all left me and I was hospitalized. I did not enjoy being in the ward but since I came to Approach Lodge I have got a new life. I have started to believe in myself.

I love going out for a walk to the park. I attend the Bengali group in the day centre and I love to play Pool. I also enjoy playing the piano. These days I can do a lot of things independently like doing my laundry and making my bed. I can also cook and clean with some assistance.

Staff help me to live a healthy life. My brother who lives close to Approach Lodge is very happy to see my improvements and he believes that the team at Approach Lodge are doing their best for me. My aim is to move gradually to independent living but for now I believe I am in a very good place and determined to keep on improving.

(Assisted and translated by Supriyo Royô Deputy Manager)





# CQC COMPLIANCE VISIT CONTINUED.....



*The following quotes are from our recent CQC Inspection:*

“The service continues to have a demonstrable commitment to proactive and supportive rehabilitation for people experiencing mental illness, providing good information on the service and being open in the way which communication with service users is achieved”

“The people who use the service can feel confident that the service seeks to ensure that their human rights are protected and that their views are sought and are acted upon”

“The provider has the necessary systems in place to protect people from abuse and is aware of how to respond to any concerns if these arise”

“The people who use this service can feel confident that there are effective and safe procedures to ensure that they can receive medication in order to manage their mental health difficulty and remain well.”

“Staff at this home are provided with an appropriate ongoing training programme and are supported through supervision in the work that they do”

The report in full can be found at [www.approchlodge.co.uk](http://www.approchlodge.co.uk) or [www.cqc.org.uk](http://www.cqc.org.uk)



## Achievements

Congratulations to Roy for becoming a Learning Champion and Jimmy for achieving his A1 Assessor Award.

Over 90% of our team are NVQ2 qualified and 75% NVQ3 qualified.



## Follow us on **twitter**

You can now follow Approach Lodge on twitter!

We will be using twitter to keep our followers up to date with all our latest news, achievements and challenges.

To find us use the address below:

<http://twitter.com/approchlodge>

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