

The **approach** lodge Newsletter

Introduction

Approach Lodge is an innovative 7 bedroom rehabilitation home specialising in preparing adults recovering from mental health problems to have a sustainable, 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.

Adam's Story

Hi, my name is Adam, I'm 23 and before I came to Approach Lodge I was very lazy and was always watching television. Since living at Approach Lodge I have become more physically active, I learnt how to prepare new meals. I like the fact I can have a chat with staff. I have also become a lot more tidier.

The staff support me to keep my room clean and tidy, they support me to go to the hospital for my blood tests every 2 weeks, they make sure I remember all my appointments and advise me whenever I seek their opinion.



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Location, Location, Location...

Approach Lodge is conveniently located approximately 500mtrs from Bethnal Green Central Line Underground Station, shops and public amenities, we are a similar short distance away from the famous Victoria Park where service users can enjoy all the benefits and the beautiful surroundings that the park has to offer.



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Green Cleaning At Approach Lodge

More and more people are becoming aware of the importance of reducing our exposure to toxins and chemicals in our diet, homes and natural environment.



We have produced a cleaning product that is totally natural, made by hand and based on kitchen ingredients .

Approach lodge uses a chemical free cleaner that ensures the home is cleaned to a high standard, whilst caring for your health and the environment.

Just guilt free cleaning!

Vision, Mission & Points of Culture

I would like to give you all an introduction to Approach Lodge which I opened in August 2007 to provide a medium term setting to assist adults with a range of mental health related problems to live independently based on the recovery model.

Our main objectives and goals are seen in our vision, mission and points of culture.

We use the formula:

HAVE = BE X DO

Lets start with what we “HAVE” this is our **Vision**:

“To Be Recognised As The Leading Rehabilitation Provider For Preparing Adults Recovering From Mental Health Problems To Have A Sustainable, Independent Life”

So basically we want to be the best. Its what we “DO” that will get us there. This is our **Mission Statement**:

To Create A Service Model Designed To Prepare Adults Recovering From Mental Health Problems For Independent Living That Is:

- ❖ Sustainable
- ❖ Personalised
- ❖ Innovative

Yet crucially, our values, who we are and what we will “BE” will determine weather we will be the best or not. These are Our **Points Of Culture** which are based on:

“Being Courteous, Promoting Independence and Developing Trust”

The points of culture are absolutely crucial to being the best. It is similar to a “Code of Conduct”, with common courtesy, politeness and respect forming the backbone for everyone at Approach.

We look forward to assisting as many people as possible in their transition between hospital, residential care and supported living and I would like to thank all of the people that have used our service, worked for us and worked with us over the past couple of years.

Andrew Azzopardi

Adam’s Story Continued...

I moved into Approach Lodge in August last year but before that I lived in an hostel with very low support and I struggled to do all the things that I now do with support at Approach Lodge.

My mum is very happy with my improvement and thinks the staff should all be given a medal for all they do and thinks they are all saints.

The staff also offered my mum some support when she needed it.

I love to go shopping at HMV with staff and I also like to watch my horror movies with some of the night staff. I also like it when we take it in turns to chair the house meetings every morning

Written By Adam



'Focus on.....Schizophrenia'

Schizophrenia is a clinical syndrome of variable, but profoundly disruptive, psychopathology that involves cognition, emotion, perception and other aspects of behaviour.

This expression of these manifestations varies across patients, but the effect of the illness is always severe and is usually long lasting. The disorder usually begins before age 25, persists throughout life, and affects persons of all social classes.

Both patients and their families often suffer from poor care and social ostracism because of widespread ignorance about the disorder.

Although schizophrenia is discussed as if it is a single disease, it probably comprises of a group of disorders with heterogeneous etiologies, and it includes patients whose clinical presentations, treatment response and courses of illness may vary.

Clinicians usually appreciate that the diagnosis of schizophrenia is based entirely on the psychiatric history and mental status examinations. There is no laboratory test for schizophrenia.

Helena's Story

I'm Helena, I used to be in Hospital before I came to Approach lodge.

I did not enjoy being on the ward. I wasn't allowed to go out on my own but since living at Approach Lodge all that has changed. I have learned how to eat healthy; I exercise more, often walking in the park and go to the shops on my own. I can do a lot more independently now like my laundry, make my bed, cleaning and cooking duties.

I often get phone calls and manage to keep in touch with my sister in Brighton over the phone.

I attend the day centre twice a week on Tuesdays and Wednesdays. I love going out to different places with different staff members. Some of the things we do are going to feed the Ducks at Victoria Park, going out to get some of the house shopping, going to the Cinema and eating out especially with the house manager, which I really like doing. We try to do this at least once a week.

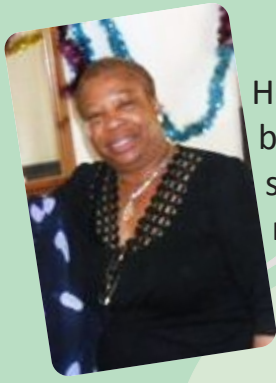
The staff at Approach Lodge also help me manage my money.

Since my arrival at Approach Lodge I feel I have really improved.

The sofas at Approach were recently changed and I was one of the service users who with the house manager chose the new ones for the house.

I enjoy living at Approach Lodge but in the long run my plan is to move to Brighton to be close to my sister who is my only living relative. The staff at Approach Lodge recently supported me when I went on a trip to Brighton to see if I like it there.





MEET THE MANAGEMENT TEAM

Hello my name is Esther Allison. I am the manager at Approach Lodge. I have been in post since 15th December 2008. I have been in the mental health field since 1981, which means I have worked with people with mental ill health and related problems for over 30 years and I love working within this particular field.

I am a qualified mental health nurse (RMN) and a counsellor. I have also completed much additional training to give me a wealth of knowledge in this area. Since becoming the manager at Approach Lodge I have (with my staff team) made sure that we consult our service users on all aspects of running the house. We operate an open door policy and always welcome our service users families and friends.

I am excited to be part of the “MY L.I.F.E” (learning independence forever) independence programme that incorporates daily living skills, health care, social and emotional development, education, employment and rehabilitation through personal choice with the aim to support our service users to live independently. I am very happy to be part of this innovative approach, which means service users are supported to develop their independence skills to achieve the most sustainable and independent lives as possible.

Also working along side Esther is a team of full time senior staff and a deputy manager, which include registered RMN's and a Qualified Doctor.



Achievements

Congratulations to Gemma & Sandrine for completing their NVQ 3 and also to Jimmy & Clareice who are now qualified as RMN's. Well Done!

Arts & Crafts At Approach

We recently started an Arts & Crafts group at Approach Lodge. The service users decided in their daily morning meetings that they would like to do some form of craft work and one service users in particular is very good at drawing and painting so we planned to purchase all the items needed for the session.

We soon found out that many of our service user were good and everyone really enjoyed the time spent doing this. We have decided that we want to carry on with the group and we are exploring the possibility of having an exhibition of all the work very soon.



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