

Kirtling House Winchester

Mental Health
Recovery
Accommodation
Service

Kirtling-house@together-uk.org

01962 862580

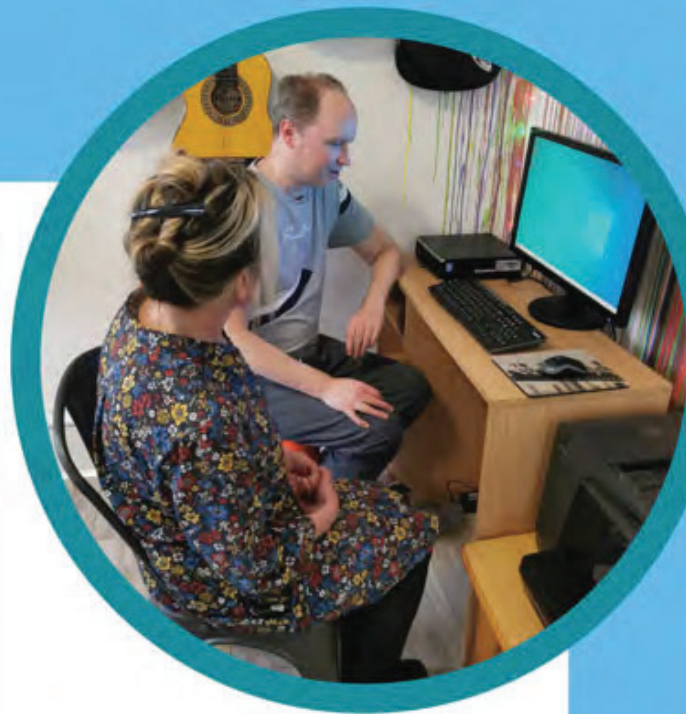
[www.together-uk.org/
projects/kirtling-house/](http://www.together-uk.org/projects/kirtling-house/)



Who are we?

Run by the mental health charity Together for Mental Wellbeing, Kirtling House is a bright, modern and welcoming 24 hour accommodation service with capacity to support 9 people with a primary mental health diagnosis.

We are a CQC registered service and following our last inspection in January 2019, Kirtling House received an overall rating of Good. We work closely with Community Mental Health Teams and Adult Services to provide the best care for the people we support.



Our aim as a service is to encourage people to take a lead on their own recovery; by directing their own support to align with their individual goals and aspirations. The work we do is led by what is important to each of the people we support. We empower people to learn skills which encourage increased independence and self-management of mental wellbeing, to reduce the need for inpatient admissions and prolonged involvement with statutory services.



Where are we?

Kirtling House is located in a quiet residential area within the picturesque city of Winchester, which was voted one of the best places to live in the UK (Sunday Times, 2021). The cobbled streets of the town centre are less than a 10 minute walk away, which are lined with both independent boutiques, larger chain shops and supermarkets.

The city also offers a great range of tasty cafes and restaurants. Winchester has an abundance of history, and is full of interesting museums, talented street performers, art festivals, theatre productions and even its own music festival, Boomtown. Kirtling House is close to plenty of facilities including a cinema, leisure centre, library and is walking distance to the Royal Hampshire County Hospital, GP surgeries and NHS dentist practices.

The service is on the doorstep of the South Downs, so has some beautiful surrounding walks for all abilities.

How to find us

Address:

Kirtling House, 14 Compton Road, Winchester, SO23 9SL
(we please ask that all visits are prior arranged)

Office: 01962 862580

Registered Manager:

Anna Riviello
anna-riviello@together-uk.org
07880032736



How do you access Kirtling House?

Do you have an assigned Social Worker / Care Manager / Care Coordinator / or CPN (Community Psychiatric Nurse)? Let them know that you would benefit from more support by living in a more supported environment, such as residential care.

Ask them to contact Kirtling House for a referral form by emailing **kirtinghouse@together-uk.org** or giving us a call on **01962 862580**.



Or are you under the care of your GP to help manage your mental health (e.g. prescribing medication / accessing therapy)? Contact your GP to make a referral on your behalf to Adult Services and let them know you need more support.



The Accommodation

Kirtling House is a large detached house that is divided over three floors. We have 9 spacious en-suite bedrooms, which are open to people of all gender identities. We also have numerous communal areas which have open access for people to utilise whenever they like.

- Bedrooms are fully furnished with high quality modern furniture. We also provide a welcome toiletry pack, TV & DVD player, fridge, kettle, bedding, towels, and a medication locked box. Our rooms are freshly painted neutrally, although we're happy to accommodate requests for a coloured feature wall. People are welcome to bring their own furniture, and we encourage people living at the service to personalise their rooms as they wish to make the space their own.

- Our fast reliable Wi-Fi can be accessed in all of the rooms in the house.
- All our bedrooms are en-suite, so no shared bathrooms! All en-suite bathrooms are fitted with showers basins and toilets.





- Our communal lounge has a 55" smart TV with Netflix, Amazon Prime and lots of other entertainment apps installed. The service has a multi-user Netflix account so we welcome people to access films and TV shows on their own personal devices too.
- The bright and welcoming dining room has a table big enough to accommodate everyone meaning meals can be enjoyed together. We also have communal tablets and a desktop computer.

- We have a fully equipped kitchen with large double oven, dishwasher and plenty of fridge and freezer space for everyone.
- Our cosy Snug room provides a therapeutic space for people to relax and engage in activities or meetings. This room is equipped with a hi-fi system, oil diffuser and sensory lights.
- The service is comfortably staffed between the hours of 8am-10pm every day, by a friendly, well trained and competent staff team. Overnight, there is a staff member on a sleep-in shift who is available for emergency support.





- The landscaped garden at the service has various seating areas for people to enjoy and has beautiful flowers and shrubs all year round. We love growing fruit and vegetables too, and encourage people to use these when preparing their own food or as part of our weekly cooking groups.

What support do we offer?

Our support is catered to each person living at the service, as recognising and celebrating individuality is really important to us. We provide one-to-one support as well as group sessions which we encourage everyone in the service to take part in.

Staff can support to both mental and physical health appointments, and often advocate on behalf of those we support to ensure everyone is receiving the care they have legal right to.

We have great community links too, which we urge those living at the service to utilise, as these are the support networks which can continue once people move on from Kirtling House to more independent living.





Areas of Support We Offer

These include but are not exclusive to:

Daily Living Skills

- Cooking
- Managing Finances
- Meal Planning & Grocery Shopping
- IT Skills
- Assertiveness Skills
- Confidence Building
- Employment (paid & voluntary)
- Healthy boundaries and relationships
- Weekly planning

Leisure & Hobbies

- Art
- Cinema
- Music Therapy
- Exercise classes
- Walking
- Swimming
- Gardening

Mental Wellbeing

- Relaxation & Mindfulness
- Peer Support
- Anxiety Management
- CBT & DBT Skills
- LGBTQ+ Support
- Pampering
- Understanding Medication

More information about our “Progression Together Model of Support” can be found at www.together-uk.org/progression-together/



Peer Support

A key part of our service is Peer Support which can help people take strides forward in their recovery. You can work with a Peer Supporter one-to-one, or as part of a group of people who have experience of mental distress, to share your own experiences and get support to achieve your personal recovery goals. We believe Peer Support offers hope, encouragement and belief that recovery is possible from people who have walked a similar path.



We have a Peer Support Coordinator and a team of volunteer Peer Supporters, who all have lived experience of mental distress and recovery. The Coordinator helps individuals to decide if they wish to benefit from peer support, in one-to-one or group settings, and supports them to find a Peer Supporter best suited to them.



What do people think about Kirtling House?

Kathryn Dodds, Case Manager (RMN) for the Specialist Community Forensic Team, Southern Health NHS Foundation Trust

"Over the last few months I have worked closely with Kirtling house supporting an individual moving from hospital to the community following a lengthy admission. I have found Kirtling house staff to be professional, responsive and proactive, with good communication. They have demonstrated a person centred approach; the team are encouraged and supported to really learn about the service user with an openness to joint working with our team."

"They have demonstrated an interest in developing an understanding of supporting the person as a whole with a flexible approach to their needs. The majority of the Kirtling House team attended a psychology session handing over key ways to work with the service user prior to fully moving, they demonstrated interest to develop their knowledge of that person. This session ended with the person completing a mindfulness exercise with the whole team which has now been incorporated within his 1:1 sessions."



Contact Us

**Kirtling House Winchester
Kirtling House
14 Compton Road
Winchester
SO23 9SL
Kirtling-house@together-uk.org
01962 862580**