



Wavelly - Basingstoke

Residential Mental Health Recovery Service



Contact Details

Email: jackie-elmer@together-uk.org

Tel: 01256 333773

together
FOR MENTAL WELLBEING

Wavelly Residential Recovery Project

Run by the charity Together for Mental Wellbeing, Wavelly is a 24-hour, CQC registered, residential project for people diagnosed with mental health issues. Wavelly is a CQC registered service with an inspection rating of Good (Sept 2016).

Location

Wavelly is located in the residential area of South Ham.

It is a short bus ride away from the town centre and a 5-10 minute walk to the local shops and supermarkets.

Address:

7a Wavell Close
Basingstoke
Hampshire
RG22 6EQ

Tel: 01256 333773



Bedrooms

Wavelly has six resident bedrooms and three shared bathrooms.

Bedrooms come furnished with a single bed (with mattress and bedding), bedside table and lamp, wardrobe and chest of drawers.

Residents can also bring their own furniture or buy extra items.

Shared Facilities

Shared facilities include a kitchen, large living / dining space with pool table, lounge and recently landscaped garden.



What Support Is Provided?

- Techniques to manage mental health (e.g. to decrease anxiety or negative thoughts, or reduce self-harm)
- Support to manage medication
- Support with psychiatric and medical appointments
- Support with laundry, cleaning, etc
- Prompting with self-care
- Support with cooking and shopping
- Budgeting
- Increasing social skills
- Support to enter employment or volunteering
- Adding structure and building routine
- Help to manage positive risks
- Support in the community
- Money towards food costs
- Peer support



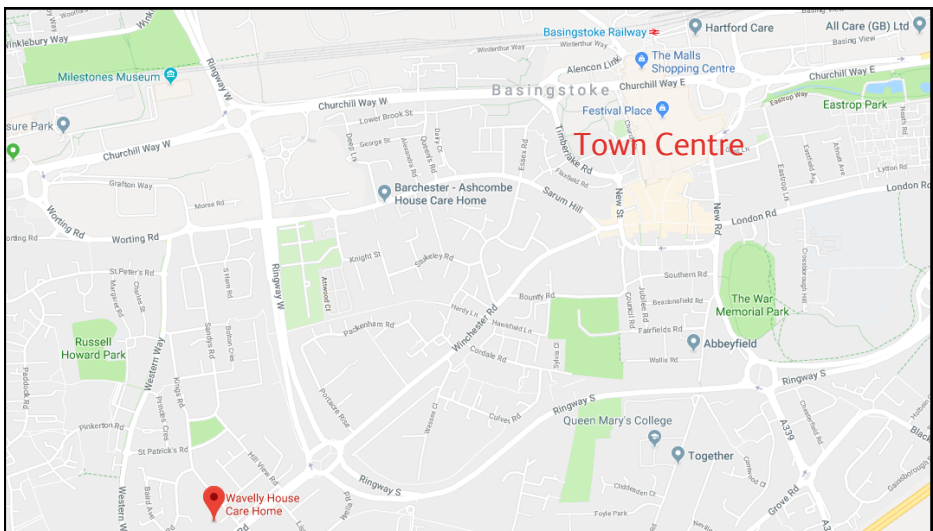
When Are Staff Available?

There are two staff members onsite during the day.

One staff member sleeps at the project overnight, from 10pm to 7:30am, available for emergencies including mental health crises or poor physical health.

What Activities Are Nearby?

- Local colleges offering vocational courses
- Sports centres and gyms
- Wellbeing Centre
- Local parks and walking routes
- Well-connected bus routes to town and other areas
- Community groups - for example, martial arts and quiz clubs



Wavelly Project Manager

Jackie Elmer

Email: jackie-elmer@together-uk.org

Telephone: 01256 333773

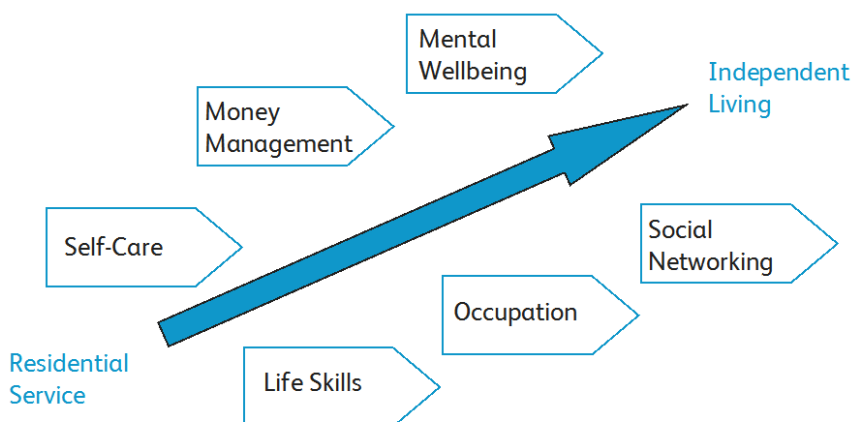
Manager's Message

“People tend to stay with us for around two years. Whilst you live with us, we will support you to develop the skills you need to move onto less supported accommodation and become more independent.

These skills include self-medicating, cooking, budgeting, cleaning, self-care, and developing techniques to manage your mental health and keep well.”

“Wavelly is committed to supporting you on your own recovery journey. We will work with you - by listening to you and supporting you to work towards the goals that you identify and set for yourself.”

The Recovery Pathway



How To Access Wavelly

Do you have an assigned Social Worker / STR Worker / Care Manager / Care Coordinator / or CPN (Community Psychiatric Nurse)?



Let them know that you would like more support and that you would like to live in a more supported environment, such as residential care. Ask them to contact Wavelly for a referral form or email jackie-elmer@together-uk.org.

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.

OR

Make a GP appointment to ask for support, or contact Adult Services directly to self-refer:

0300 555 1386 (office hours)

0300 555 1373 (out of hours)

Or type in 'adult services Hampshire' into your search engine and fill out their online form.

If you feel unable to do this, a family member or friend can help.



www.together-uk.org

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