



Kirtling House - Winchester

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together
FOR MENTAL WELLBEING

Information sheet for professionals

Kirtling House is a 24-hour, CQC registered, recovery-focused and psychologically informed service for individuals with complex mental health needs.

Project Manager: *Anna Riviello (née Russell)*

What We Provide:

- Weekly key working / Recovery Meetings, including regular use of the Recovery Star tool
- Tailored packages of support that are self-directed; supporting individuals to manage their mental health and wellbeing, manage a tenancy, increase their living skills, hobbies and social networks, and helping them to find somewhere to live more independently in the future
- Strong links with local colleges, volunteering agencies and other community networks; supporting individuals to access activities in the community
- A fully furnished room in a homely environment, in which clients

can relax and socialise with other residents

- Robust risk management to ensure clients remain safe and well
- Monthly reviews written with the client and discussed in a meeting with staff members, the client and the care team
- In-house groups, including a variety of cooking, gardening and psycho-educational groups
- £30 weekly contribution to food costs
- Opportunities promoting service user involvement and leadership

Referral Criteria

- Aged 18+
- Have a primary mental health diagnosis
- Require 24 hour support (staff sleep-in)
- Able to self-manage personal care
- Able to use the service to work towards recovery or less supported accommodation
- Continued engagement with CMHT – care team to review progress on a monthly basis
- We can support people with prior forensic backgrounds and multiple complex needs



Information brochure for referrals
available on request

Updated: January 2018