COVEBERRY

CareTech

Coveberry Sherwood

Nottingham, NG7 6JL



Extraordinary days every day

Residential service supporting Adults with enduring Mental Health Disorders

About Coveberry Sherwood



Coveberry Sherwood is a nurse led, residential service supporting Adults with enduring Mental Health Disorders, Intellectual Disability, Autism and Asperger's. It is located on a quiet street near to Nottingham City Centre. Coveberry Sherwood is a 13-bed residential service with 4 self-contained flats in an annexed building.

- Coveberry Sherwood supports both male and female residents that are aged between 18 and 65
- Primary Mental Health Diagnosis
- Multiple complex needs, including a mild Learning Disability or Autism
- Subject to a Deprivation of Liberty Safeguards, a Community Treatment order or on as an informal admission
- Behaviours that challenge or a forensic history
- Residents that are ready to transition from secure or acute Mental Health services and require a period of rehabilitation, prior to discharging into the community
- Individuals who have experienced a breakdown in their community placement and require a period of stabilisation to reduce acute symptoms may also benefit from a period of admission

People residing at Coveberry Sherwood may need support with:

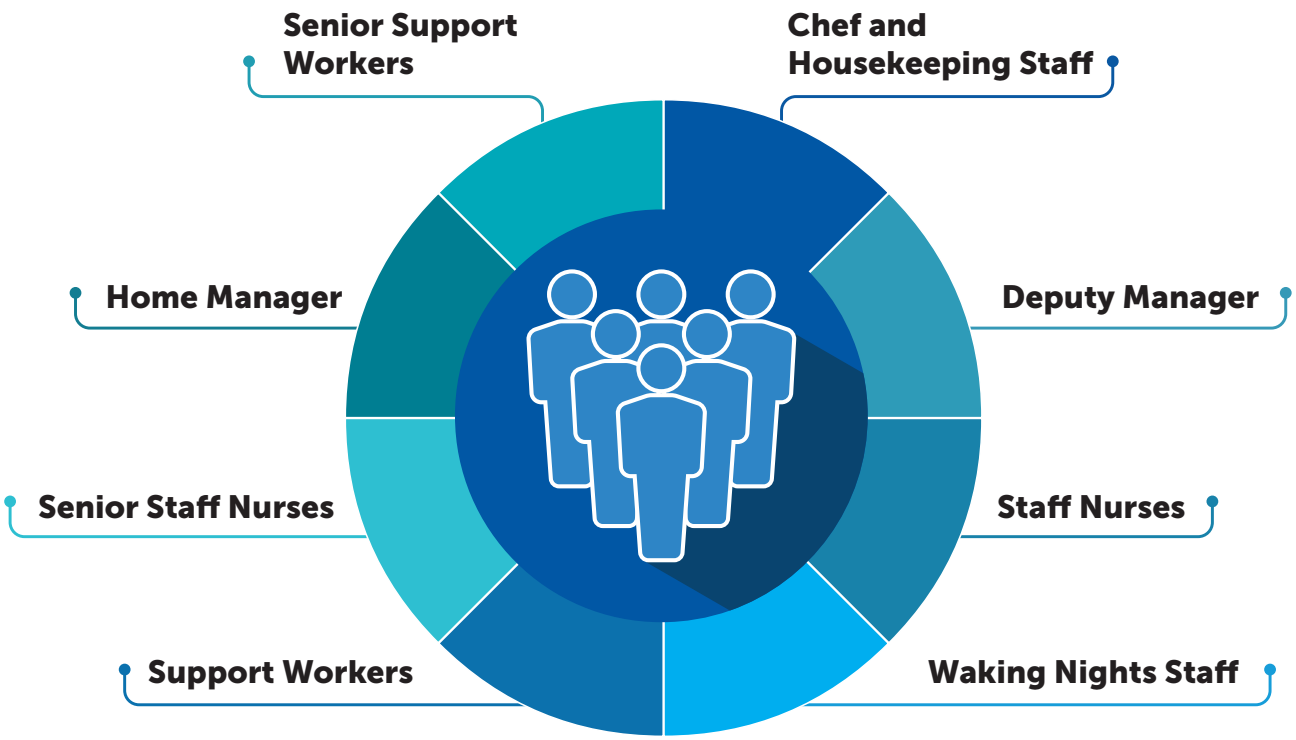
- Budgeting, paying bills and applying for benefits
- Behavioural and social needs
- Developing meaningful and safe relationships
- Taking part in leisure activities and community life
- Physical and mental wellbeing needs
- Person-centred care planning
- Medication management
- Household tasks such as shopping, cooking and cleaning
- Accessing educational and occupational opportunities

Our Team

The Nursing team at Coveberry Sherwood are very well established, with some members of the team having worked within the service since 2010, when it first opened and have an excellent knowledge of the service and local resources for additional support.

Other nurses at the service have been qualified for 20+ years and have a wealth of knowledge working within Mental Health services / Learning Disabilities services.

Coveberry Sherwood is committed to developing skills, all staff are supported to complete care certificates and encouraged to complete additional training such as NVQ training to develop their skills and knowledge base.



All staff are complete training on:

- Positive behaviour support, developing and maintaining close links with behavioural specialists and psychologists
- All nurses have been trained in the Recovery Star rehabilitation model
- All staff have an awareness of supporting individuals with drug and alcohol addiction and have links with local support networks for additional support
- Ongoing training opportunities for staff including NVQ training
- Autism • Intellectual Disabilities • Mental Health awareness • Person centred care

The Staff team actively promote equality and diversity and have regular theme days to educate and explore different cultures from around the world.

The service also benefits from visiting physiotherapists, chiropodists, occupational therapists and other healthcare professionals by arrangement, as well as support from CareTech's behavioural support team.

Sherwood Planning, Information, Education meetings are held weekly so residents have the opportunity to learn about upcoming events and any changes within the service. This is an inclusive forum where residents have an input about how the service is run and share their ideas and feedback on a number of topics including activities and meal choices.

Weekly Protected Deputy Manager's / Manager's consultations are available for residents to come and discuss any issues in complete confidence.

The service also runs health and wellbeing activities such as a 'Wellbeing Wednesday' where residents have the opportunity to openly discuss their feelings / concerns / share good news and complete mindfulness activities.

Environment

Main Service:

- 13 individual bedrooms with en-suite shower and toilet facitilies
- Large communal living room
- Main Kitchen with Chef
- Activities of Daily Living Kitchen (ADL) for residents to use as part of their person-centred care plan
- Dining room

Flats:

- 4 self- contained flats, each flat has its own:
  - Living room
  - Kitchen
  - Bedroom
  - En-suite

General:

- Activity areas
- Communal gardens
- Laundry Room open to all residents









Community Links

The residents living at Coveberry Sherwood are supported to do as much as they are able to do for themselves and to develop their skills. There are colleges local to the service as well as several opportunities for residents to undertake voluntary work with local organisations.

Residents are also supported to follow their hobbies and interests as well as being encouraged to try new things.

The service has well established links with the local GP surgery and pharmacy, both of which are within walking distance of the home.

Access to the local community

Coveberry Sherwood is located within walking distance of Nottingham City Centre and as a result benefits from all the local businesses and excellent road, rail and public transport links you would expect.

Local buses and trams are located nearby and provide easy access into the City Centre and further afield. Nottingham is well known as a bustling and vibrant city with many shops, pubs, restaurants and things to do.

Within close proximity there are a number of amenities and activities including:

- Local shops
- Retail parks
- Restaurants and pubs
- Shopping centres
- Cinemas and Theatres
- Museums
- Art galleries
- Gym, Swimming Pool
- Local Parks and Recreational Grounds
- Badminton
- Tennis courts
- Ice skating
- Bowling

To refer a resident or to arrange a visit to the service:
Lauren Burgin | Registered Manager
lauren.burgin@caretech-uk.com **0115 924 6220**
referrals.specialist@caretech-uk.com