

Mission Statement:

Walsingham House believes that:

- Addiction is chronic, progressive illness;
- Abstinence is essential for recovery;
- Each individual has a right to life, respect and acceptance;
- Our staff and volunteers are a valuable asset in supporting individuals against their addiction;
- Partnership with residents is an essential element of successful treatment;
- Close liaison with other agencies and organisations is a pre-requisite for our involvement;
- Our service is accessible, responsive and reliable;
- Our priority at all times is to protect individuals rights to make decisions for themselves;
- Our staff are aware of the presence of discrimination in all its forms and its possible effects;
- All staff are committed to anti-discriminatory practice.

Staffing

Walsingham House is staffed by an experienced and qualified team of 20 staff who provide 24 hour cover with the support of voluntary workers. 'On Call' staff act as a back up support. Voluntary Workers, all of whom have received training, provide general support for clients .



An aerobic session.

Walsingham House is for individuals who have a substance dependency and who are committed to abstinence as a means of recovery.

HOUSING AND SUPPORT COSTS ARE MET BY CLAIMING HOUSING BENEFIT AND THROUGH A SUPPORTING PEOPLE CONTRACT WITH BRISTOL. **THERE IS A CHARGE FOR TREATMENT OF**

£420 PER WEEK.

(£380 per week for Block Contracts)

THERE ARE ADDITIONAL COSTS FOR DUAL DIAGNOSIS CLIENTS OF **£220 PER WEEK**

WALSINGHAM HOUSE IS A MEMBER OF **EATA(UK)** AND **FDAP** AND IS COMMITTED TO ACHIEVING THE HIGHEST STANDARDS. WE SUPPORT THE **DANOS** AND **QUADS** ORGANIZATIONAL STANDARDS FOR ALCOHOL AND DRUG TREATMENT SERVICES.

WE ARE AN ACCREDITED SUPPORTING PEOPLE PROVIDER.

For further information contact:

The Treatment Co-ordinator

Walsingham House

St. James Priory Project

Whitson Street

Bristol BS1 3NZ

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The Queen's Golden
Jubilee Award 2003

March 2008



**St James Priory
Project**

An Oasis of Serenity & Peace

WALSINGHAM HOUSE



**Support and Treatment
for
People with Addictions**



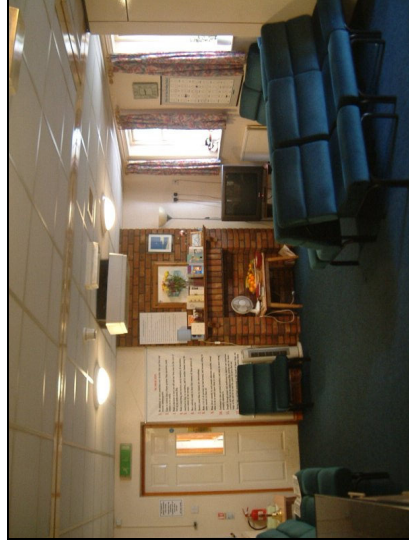
INVESTOR IN PEOPLE

www.stjamesprioryproject.org.uk

Registered Charity Number 1104408
Registered Company Number 04730515

Walsingham House

Part of the St. James Priory Project in Bristol, Walsingham House is a 16 bed 'first stage' residential support and treatment resource for people with a substance dependency. Comprehensive Treatment, which lasts 12 weeks, is based on an Abstinence Model. Walsingham House also provides an integrated Dual Diagnosis service.



Residents Lounge Area

Substance Dependency

Most of our residents will already have tried, unsuccessfully, to control their addiction and find that controlled use does not help. Abstinence, combined with gaining insight to the full implications of the addiction on self and others, will enable an individual to make the changes necessary to return to a normal, healthy and fulfilling life.

Self help and self responsibility are important elements of recovery. Individuals must take some responsibility for doing what they can to improve their health. In an appropriate therapeutic environment individuals can change and become healthier. The therapeutic setting at Walsingham House includes the elements of acceptance, compassion, care, honesty, trust, respect, and understanding.

Approach to Treatment

Treatment is based on the 12 Step philosophy. The approach is geared towards total abstinence from all mood altering substances and involves:

- group therapy;
- one to one counselling;
- education, lectures, audio/visual material, reading and assignment work;
- relaxation / stress management;
- attendance at support groups (alcoholics anonymous, narcotics anonymous).

Residents



People who have completed programmes.

Residents are encouraged to talk with each other about their experiences and problems both in and out of group therapy. This sharing is the major therapeutic tool in the process of recovery. Individuals will be challenged about the thoughts, feelings and behaviours which led them into their addiction and which maintain them in it.

The programme is very structured and operates 365 days per year. The daily schedule is organised so that the resident is wholly occupied throughout.

This aims to bring manageability to previously unmanageable lives.

Referrals

Referrals can be made by:

- Drug Action Teams;
- Social Services;
- Probation Departments;
- CJIT & DIP;
- Health Authorities.

In some instances self referrals are accepted.

Assessment

An Assessment is required in the first instance to determine commitment, motivation and the appropriateness of residential treatment. An individual does not need to be detoxed before coming for an assessment.

Advice can be given about options for detoxification. We attempt to work closely with all agencies to coordinate detox and admission to Walsingham House.

Dual Diagnosis

We also provide an integrated programme for people with a Dual Diagnosis. This includes specialist Mental Health and Psychiatric support.



Patio and Smoking Area for residents

General Support

Support is also provided for nutritional, health, housing, financial and general social needs. This is planned by the Support Co-ordinator working collaboratively with the client and is reviewed regularly.