

Felix House.

Felix House is based in Weston-super-Mare, providing specialist mental health support for adults, creating opportunities to follow a personal development and recovery pathway.

The service offers support to individuals needing on-going mental health support, who may have had long stays in hospital or mental health services and are experiencing difficulty in managing independently.

The service is supported by staff over 24 hours, seven days a week. More than just a place to live, Felix House provides an engaging recovery programme designed around the individual.

The service supports up to 11 people to develop and sustain skills using strengths-based approaches. People who use this service aim to rediscover abilities, build resilience, achieve personal goals and re-establish their identity. We use a range of tools to support mental health recovery including solution-focused approaches, Recovery Star and wellness recovery action planning.

The house is within walking distance of the sea front and benefits from a selection of local amenities nearby, including access to public transport.

Facilities

The house is a conversion of two adjoining Victorian properties which have been adapted and include:

- 11 spacious bedrooms, most with ensuite facilities
- Accessible rooms
- A secluded garden with a fish pond and summer house
- Training laundry room
- Bright well-furnished communal areas
- A training kitchen
- Communal dining areas
- Educational facilities
- Off-road parking

Service at a glance

Type of service: Residential

Number of beds: 11

Location: Weston-super-Mare,
North Somerset

Get in touch

referrals@milestonetrust.org.uk

0117 970 9362

Inspected and rated

Good



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Staff were respectful and caring and had a good understanding of how they could support people with a focus on their wellbeing and abilities. People had good relationships with staff.

CQC Inspection, May 2018

Accommodation is arranged over the ground and first floors, rooms can be personalised with own furniture and colour schemes.

Activities

The service offers solution-focused and holistic interventions within a therapeutic and educational environment.

Staff ensure that service users are at the centre of their support package; this may include accessing the in-house development programme that includes bite-sized workshops including IT skills, life skills, relaxation techniques, healthy eating and exercise.

There is also access to external programme such as bush craft, job skills, volunteering, assertiveness skills and art and woodwork classes.

A Recovery Enablement service

Milestones Recovery Pathway service uses the Recovery Star to evidence how people are regaining control of their lives.

As a result of this outcomes-focused approach, people are able to see how they are developing, improve their motivation, increase their confidence and self-esteem, strengthen their resources and move on to greater independence.

