

# The Recovery Hub.

The Recovery Hub, on Hampstead Road in Brislington, is an established service designed to meet the needs of a wide range of individuals with mental health needs. It offers:

- Quality one to one time with an experienced and diverse support team
- An alternative to hospital admission in a supportive and recovery focus setting
- Stepdown service for individuals leaving hospital or other supported environments
- An innovative and holistic service that can adapt to each individual's needs.

## Facilities

The service offers nine bedrooms, seven of which are ensuite, and three of which are on the ground floor. One room has a wet room with private wheelchair access.

As well as bright airy spaces and a large landscaped garden, the Hub has an annex which can be used as a step down before fully moving into independent accommodation.

## Tailor-made support packages

The Recovery Hub will offer tailor-made support package for each individual, ensuring they can achieve a level of recovery at their own pace.

A reactive service, individuals may remain at the hub for anything from 6 to 24 months.

## Service at a glance

Type of service: Residential

Number of beds: 9

Location: Brislington, Bristol

## Get in touch

[referrals@milestonetrust.org.uk](mailto:referrals@milestonetrust.org.uk)

0117 970 9362



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It is about learning to manage your mental health within the context of the overall journey to recovery. As you learn to rebuild your life we will provide the scaffolding to help you achieve your goals.

Phil Lewis, Home Manager

## A holistic recovery service

- Utilising the recovery start all to ensure all areas of life are addressed
- Empowering people to re-engage with hobbies and interests
- We will run courses jointly with the Recovery Education Centre in Easton
- We can support people to access a range of holistic and therapeutic interventions to support them in their recovery
- Support to go out and access the community.



## A High-relational support model

Every user will benefit from at least one 1-2-1 session per week. The service will adapt to changing individual needs, including intensive support when required.

The Recovery Hub is committed to measuring outcomes for each individual through weekly 1-2-1s and measuring each individual outcomes by the Recovery Star and through wellness recovery action planning (WRAP). We will help you to identify your own aspirations and manage your mental health with a focus on recovery, not illness.

