

# The Recovery Hub.



## THE DIFFERENCE THE RECOVERY HUB MAKES

The Recovery Hub provides temporary accommodation and support to a wide range of people with mental health needs. It is a step-down service for people leaving environments where they have received more intensive support for their mental health, such as hospitals. Our staff's support focuses on recovery, with help to access a range of therapeutic interventions.

## THREE GREAT THINGS ABOUT THE RECOVERY HUB

**A flexible approach** - Each person is helped to recover at a pace that is right for them. People can stay at The Recovery Hub for anything from 6 to 36 months.

**Adapted for independence** - Seven of the bedrooms are ensuite, with three on the ground floor. One has a wet room with private wheelchair access.

**Stepping stone** - The home includes an annexe, which can be used as a stepping stone to fully independent accommodation.

### AT A GLANCE

**Service type** - Residential

**Location** - Brislington, Bristol

**Number of beds** - 9

**Number of floors** - 3

### GET IN TOUCH

For enquiries about The Recovery Hub, please email

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

or call **0117 970 9362**.

**TAKE A VIRTUAL TOUR**

### OUR VALUES

**We start with the person.** Support is adapted to the changing needs of each individual and intensive support can be offered when required.

**We bring people close.** We help people to access the community and develop relationships.

**We take our creativity to work with us.** We help people re-engage with hobbies and interests, with some joining Milestones Trust's Expressions art group.

**We are courageous in our approach.** We encourage people to identify their own aspirations and maximise their strengths.