

## How to join us

To join us as a resident at Charles Davies House, you will have to fill out a referral form. The referral can be made by local community mental health teams or other statutory service providers, but also by the potential resident themselves or their carer.

Please note that if you want to be referred to us you must have funding approval from Adults and Communities (Local Authority) or be able to meet costs yourself through private payments.

We are not able to take emergency admissions.

## Who we are

Birmingham Mind is a registered charity established in 1962, providing a range of services that aim to support and enable individuals in their recovery from mental health difficulties.

We are affiliated to National Mind, which campaigns for improved rights and services for people with mental health problems.

We are committed to ensuring that our services are accessible and responsive to all members of Birmingham's diverse community.

You can download a copy of our referral form and find more information about Charles Davies House, as well as all of our other services, on our website:

[birminghammind.org](http://birminghammind.org)

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## Contact Information

For more information, please feel free to contact us:

Telephone: 0121 523 8880

Email: [info@birminghammind.org](mailto:info@birminghammind.org)

Post: 388 Lodge Road

Hockley

Birmingham B18 5PW



Or get in touch with someone at our head office:



17 Graham Street

Hockley

Birmingham B1 3JR

Telephone: 0121 608 8001

Fax: 0121 608 8005

## Birmingham Mind's Purpose

“We will provide high quality services which range from those that support mental wellbeing and health promotion to those offering a specialist recovery based approach. We will challenge the stigma that surrounds mental distress.”

Registered Charity No. 1003905

Company Limited by Guarantee No. 2024372

# Charles Davies House

Residence for up to 13 adults who are experiencing mental health problems



## Residential Care Home

Telephone: 0121 523 8880

## A bit about us

Charles Davies House is a registered residential care home in Hockley. We provide a medium level of support for up to 13 adults who are experiencing mental health problems. Residents here are all people that staff expect will be able to move on into more independent accommodation at some point, after a period of staff support.

We have staff here 24 hours a day, so there is always someone around to help whenever needed. But we also encourage residents to do as much as they can by themselves, including essential routine tasks such as cooking, shopping and laundry, to increase their independence.

The house is made up of three separate units. Units One and Three have single furnished rooms and shared communal lounge, kitchen and dining areas. Unit Two is made up of four bedsits which are individually furnished with a kitchenette and a bathroom. But this does not mean that people are restricted to their own unit - people socialise across all of the units, with residents even taking it in turns to cook for each other at weekends. Residents will first move in to Unit One or Three, then move across to Unit Two as they gain more confidence and independence.

### A warm and sociable home:

We work hard to make this home a pleasant place to live. As well as maintaining pleasant communal areas such as the garden, we encourage residents to socialise both within and outside the residence.



## How we help

The support our team offers is based on four key aspects: recovery, hope, respect and personal growth. We focus on:

- Increasing daily living skills
- Accessing community facilities
- Building personal confidence
- Health and well-being
- Building and maintaining friendships
- Developing hobbies and interests
- Education and training



Our staff work with residents individually to help them identify their own needs, concerns and goals and then develop a support package designed with these in mind. We want residents to be in control of their own lives, so we help them focus on their own wellbeing and how to move towards the quality of life they would like to have in the future.

We have good links with the local community mental health teams and other relevant mental health professionals, so we ensure that all residents can have prompt professional support. Our team also work hard to make sure that residents' general medical and social care needs are always considered and supported.

### What one of our residents thinks:

**“Out of all the homes that I have lived in the past 20 odd years, I think that Charles Davies House is the best. The staff are really good and understanding of the resident’s problems and they do a very good job of making Charles Davies House a “bostin” place to live .”**

## What we offer

As part of the support we give our residents, we offer:

- A private room, which residents can personalise
- Kitchens where residents are encouraged to cook for themselves, with staff support if required. At weekends residents have chosen to take it in turns to cook for each other
- A pleasant communal garden for everyone to use
- Laundry facilities which can be used at any time
- Separate communal smoking and non-smoking lounges, which can be used by residents from all three units
- No restrictions to visiting hours, so residents can maintain relationships with friends and family
- The opportunity for residents to get involved in decisions about the running of the home

## Where we are

Charles Davies House is on Lodge Road in Hockley. We are easily accessible by bus on the 16 and 74 routes, and we're also just a short walk away from the Jewellery Quarter train station.

We are near to the city centre, and also close to shops, a post office and a medical centre.



### Promoting independence:

Staff support our residents in gaining independence, so encourage them to do as much around the home as possible. This includes helping to keep communal areas clean and doing their own cooking and shopping.