

## How to join us

To join us as a resident at Pershore Road, 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.

Due to funding arrangements, if you want to be referred to us you must have funding approval from Adults and Communities (Local Authority).

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 Pershore Road, 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 415 5684

Email: [persshore@birminghammind.org](mailto:pershore@birminghammind.org)

Post: 807 Pershore Road

Selly Park

Birmingham B29 7LR



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

# Pershore Road

Short-term residence for up to 10 adults, both men and women, who are experiencing mental health problems



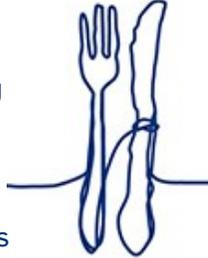
## Residential Care Home

Telephone: 0121 415 5684

## A bit about us

807 Pershore Road is a registered residential care home in Selly Oak. We provide a short-term rehabilitation service which gives a period of intense support to adults who are experiencing mental health problems. Due to funding arrangements, residents can only stay here for up to 18 months, with the aim being that they will move into their own independent accommodation afterwards. Staff will fully support all residents in moving on from their stay at Pershore Road.

We have staff here 24 hours a day, so there is always someone around to help whenever needed. But we do encourage residents to do as much as they can by themselves, so that they become prepared for living more independently. Support here is focused on rehabilitation, so staff help residents towards regaining skills they may have lost during stays in hospital, such as cooking or budgeting. We have a relatively high level of staff here, with at least three staff members working during the day and one on sleep-in during the night.



We can accommodate both men and women here.

### Comfortable environment:

We want residents to feel at home during their stay here, so we have worked hard to make the home a pleasant place to be. We have a large garden, where residents are welcome to grow plants, and two large communal lounges for all to use.



## 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:

**“I love the staff, I love the house especially my apartment. I like the area, and the staff help me a great deal.”**

## What we offer

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

- Nine single furnished bedrooms, and one self-contained training flat on the second floor
- One main kitchen and three training kitchens. Residents are encouraged and supported by staff to self-cater and budget for their own meals
- A large communal garden that residents can use whenever they want
- Only minimal restrictions to visiting hours, so that residents can maintain links with family and friends
- Two large communal lounges and one dining area
- The opportunity for residents to be involved in decisions about the running of the home

## Where we are

Pershore Road is in the Selly Oak area of Birmingham. You can get to us easily via bus on the 45 and 47 routes.

We are in a residential area not too far from the city centre. Nearby there are shops, a medical centre, a pharmacist, a post office, restaurants and pubs. From the residence you can easily walk to Cannon Hill Park, the MAC and Nature Centre.



### Steps towards independent living:

We want to help our residents gain skills and confidence that will help them live independently in their own accommodation. So our staff encourage and support them in cooking for themselves, in any of our three training kitchens.