

The Whitby Scheme



Introduction

Through our services at The Whitby Scheme, we provide leading person-centred support and facilities for 35 males and females over the age of 18 living with mental health problems and/or learning disabilities.

We offer 24/7 specialist residential care in a safe, stimulating and rewarding environment. Our aim is to support individuals to achieve shared identified outcomes, improve daily living skills and for those who are medically stable, move on into supported living.



Living at The Whitby Scheme

The Whitby Scheme is situated in the picturesque seaside town of Whitby and consists of:

- **Abbey House (all female, 6 beds)**
- **Anchor House (mixed, 8 beds)**
- **Haven House (all male, 6 beds)**
- **Endeavour House (mixed, 15 beds)**

Anchor House and Haven House are located on the seafront and all are close to the town centre and local amenities. We provide opportunities for our residents to participate in a wide variety of community-based activities including college courses, employment and social interests.

The service provides:

- **35 individual bedrooms across four houses**
- **Modern communal areas including lounges, fully-equipped kitchens and secure gardens**
- **Innovative person-centred support programmes in a safe and caring environment**
- **Positive behaviour support and recovery model**
- **Supported living, respite and community outreach transitional services**
- **A multidisciplinary community team**
- **Staff trained in positive behaviour support, learning disabilities and mental health awareness**
- **Access to community projects, programmes and education**



“ Staff at The Whitby Scheme have helped me to do my own shopping and cook my own tea. I can now sort things out for myself. ”

Resident at The Whitby Scheme



“ I loved living at The Whitby Scheme, every day I got to do different activities and the staff were always helpful and supportive. ”

Ex-resident at The Whitby Scheme

Our team of experts

The Whitby Scheme is staffed 24 hours a day by experienced and dedicated staff who are selected for the qualities and skills they bring to achieve the positive outcomes the people we support require. 1:1 support is available if needed and if identified.

All staff receive ongoing extensive training in a wide range of subjects and are supported by Priory Adult Care's team of in-house quality development advisors who are experts in their fields.

The Whitby Scheme has solid relationships in place with the local community mental health team and the learning disability service, and works in close partnership with them.

Independence skills

At The Whitby Scheme, every resident is actively supported to care for themselves. The skills each individual will develop includes:

- Budgeting
- Cooking
- Housekeeping
- Managing their own medication
- Personal care
- Shopping

We also help people to rebuild their confidence by encouraging and supporting them to access a variety of community-based activities and work placements.

Leisure activities

With good transport links to the nearby areas of Scarborough, Middleborough and York, there is the opportunity for the people we support to get involved in activities in and out of the service. This includes:

- Arts and crafts
- Bowling
- Cinema
- Dance and drama classes
- Football
- Golf
- Gym
- Local discos
- Shopping
- Swimming
- Walking



Case study - Claire's story

Claire* was omitted to hospital 10 years ago and was diagnosed with mental health issues, personality disorder and schizophrenia. She had a history of abuse from different people including relatives and as a result of this could be on occasions quite violent towards others.

Before Claire officially moved into The Whitby Scheme, a transition process was put in place where she would stay at the site for one night a week for a month, this was to get her adjusted to a residential setting as opposed to a hospital. It also helped her get used to the staff and the other residents at The Whitby Scheme.

Once Claire officially arrived at The Whitby Scheme, it was clear the biggest challenge for both herself and staff to overcome was Claire's constant desire to approach people which left her vulnerable, especially if she was out in the community. As well as this, Claire was originally not engaged with staff or interested in developing her daily living skills including budgeting and cooking, and instead would withdraw to her bedroom for the majority of the day.

The staff knew how important it was to get Claire out of her bedroom and used constant encouragement and support to try and gain Claire's trust, which after a short period of time helped her to leave her room. She also received one-to-one support and daily meetings with her key worker which gradually helped Claire to settle at The Whitby Scheme and become more engaged with the daily living skills activities using step-

by-step programmes. Claire was especially interested in developing her budgeting skills so staff would print off Claire's bank statement on a weekly basis which she enjoyed receiving, especially seeing her money grow. She has now even managed to save £600.

Staff would also concentrate on reducing Claire's vulnerability. To achieve this, staff would get Claire to observe how they would act in certain situations so she could learn from the staff she trusted. They also constantly reminded her about her vulnerability and provided examples, especially when they were out in the community.

Claire's outcomes

Since Claire has been at The Whitby Scheme she has progressed and further developed her confidence. She is now doing her own cooking and budgeting, and even has a voluntary job at the local animal sanctuary, which would have been unimaginable six months ago. She has also started a creative movement course at the village hall which she attends one day a week for the next two months. Claire even won a local disco competition which she proudly shows off the trophy to her other housemates.



Referrals

To make a referral or for enquiries and further information, call us on **0808 231 9425**, send an email to **adultcare@priorygroup.com** or visit our website at **www.prioryadultcare.com**

*Names have been changed to maintain confidentiality.

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ADULT CARE

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