



Residential Rehabilitation Information Pack



Leigh Bank

14-16 Edward Street

Werneth

Oldham

OL9 7QW

0161 212 1435

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Leigh Bank Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-9:30	Staff Meeting	Staff Meeting	Staff Meeting	Staff Meeting	Staff Meeting	Staff Handover	Staff Handover
9:30-10:30	Meds and breath tests	Meds and breath tests	Meds and breath tests	Meds and breath tests	Meds and breath tests	Meds and breath tests	Meds and breath tests
10:30-11:30	Resident Meeting and check-in	Mood Management	Mindfulness/Art	Mood Management OR Education, Training & Employment	Recovery Skills & Weekend Plans	Therapeutic Duties	Therapeutic Duties
11:30-1:30	Lunch & Shopping	Lunch	Lunch & Shopping	Lunch	Lunch	Lunch	Lunch
1:30-3:00	Recovery Skills (2pm)	Recovery Skills (1:30pm)	Free Time	Food, nutrition, health, wellbeing, yoga (1:30pm)	Quiz or activity (2pm)	Free Time/1-1s	Free Time/1-1s
Evening	Free time & Dinner (5:30) Mutual Aid	Free time & Dinner (5:30) Mutual Aid	Free time & Dinner (5:30) Mutual Aid	Free time & Dinner (5:30) Mutual Aid	Free time & Dinner (5:30) Mutual Aid	Dinner (5:30)	Dinner (5:30)

Welcome to Leigh Bank

At Leigh Bank we believe that individuals need outstanding support to go through the psychological and physical difficulties that accompanies recovery from a substance.

We offer a safe and stable environment where we provide a person centred approach to help achieve a better quality of life via structured group sessions and 1:1 key work sessions.

Medication

Residents are generally required to take their medication with staff support on entry into the service. You will be supported to register with the local GP who will issue prescriptions. Staff will support you to understand your medication with a view to you managing your medication independently during your stay.

What's on at Leigh Bank

Therapeutic Group Programmes: Residents **must** attend all groups; group sessions are divided into Recovery Skills/Mood Management and Mindfulness sessions. We also have resident house meetings/check-in groups. They run twice a day, five times a week.

Smoking Cessation Service: Residents have the opportunity to engage in a smoking cessation service which is available at Leigh Bank. Please enquire with staff to request this.

Mutual Aid/SMART & Peer Support Groups (Off-Site): Leigh Bank encourages the use and support of Mutual Aid. This includes SMART/AA-NA-CA/ACT plus online recovery groups. Mutual Aid is an excellent support network that will help you to remain abstinent in the community. Please see local activities booklet for the times/ locations or ask a member of staff.

Counselling: Leigh Bank offers the opportunity to engage in 1 to 1 person centred or CBT based counselling. Whilst this is a facility the rehab offers it is separate from future recovery.

Peer mentors: Peer mentors are volunteers who help out at the facility who have been through the recovery process themselves. If you are interested, once you have 3 months abstinence you can apply for peer mentor training.

Leave Policy

Home leave from the service is allowed after a period of 4-6 weeks. Leave from the unit is encouraged as part of your stay to put into practice the skills you have learned throughout your stay.

We ask residents to wait 2 weeks from admission until they leave the facility unattended, but can be supported to go out by staff, volunteers or fellow residents if they wish.

Visitors

Visitors are welcome and encouraged at the service. Visits are not allowed during group sessions, medication rounds and 1:1 times.

Reporting Incidents

If you suspect that another resident is being abused, inform a member of staff or the Operations Manager. If you want to report incidents about another resident or a member of staff, please tell your key worker or Team Leader. If you want to talk to a member of staff who does not work at the service, contact the Senior Operations Manager at the Smithfield Service on 0161 827 8570.

Banned Items:

- Weapons (or any items which could be considered as such – including tools)
- Illicit Drugs/ Alcohol (Any prescription drugs to be handled as per policy)
- Mouthwash containing Alcohol
- Drug/ Alcohol Paraphernalia (Including clothing advertising/ celebrating drug/ alcohol use)
- Hate Materials (Items which could be considered Racist, Homophobic, Sexist or any other Hateful Ideation)
- Candles, Incense sticks, aerosol air fresheners

Drug & Alcohol Screening

The maintenance of an alcohol and drug free environment is fundamental to the philosophy and the practical running of the service therefore it is **illegal** for illicit substances to be used or brought onto the premises.

- You will be expected to provide a urine sample on the day of your admission.
- You will be tested randomly at staff discretion. Following any suspicion urine tests will be carried out.
- You will be required to provide a breath sample on day of admission and every day without exception. Refusal can lead to being discharged. A full policy surrounding screening is available on request.

Fire Instructions - What to do if there is a fire:

If you discover a fire: -

1. Raise the alarm by operating the nearest alarm point.
2. Leave the premises by the nearest exit.
3. Contact the Emergency Services

If you hear the fire alarm: -

1. Leave the premises by the nearest available exit.
2. Close all doors behind you.
3. Report to the person in charge at the assembly point. Your **assembly point is the car park to your right when you come out the front door of the project. The back door leads directly to the car park.**

Please do not:-

1. Run or shout. This tends to cause panic.
2. Re-enter the building until told to do so by the Fire Brigade.
3. Put yourself at risk
4. Use the lift

Gas Safety

If you smell gas:

- Put out all cigarettes
- Do not use matches or naked flames.
- Do not use electrical switches - either on or off.
- Open doors and windows to get rid of the gas.
- Contact a member of staff immediately
- Leave the building with a member of staff

Aftercare

Leigh bank offers a telephone service 7 days a week. This can normally be accessed between 10.00am - 17.00pm on **0161 212 1435**. Please leave your name and number in case there is no answer and someone will get back to you.

In addition we will offer up to three one day refreshers for anyone wishing to participate usually within the first six months of leaving, but exceptions can be made.

Statement of Resident Rights

- Right to privacy and peaceful enjoyment of your accommodation
- Right to respect at all times
- Right to access information held about you by the organisation
- Right to expect that this information be treated with confidentiality (within the limits of the confidentiality policy)
- Right to a safe and secure environment and to be free from harassment
- Right to a supportive, professional and consistent service
- Right to the maximum amount of choice possible in relation to the service provided
- Right to be treated fairly and equally and for social, emotional, religious and cultural difference to be respected
- Right to have your views listened to

Right to Complain

Stage One

You can make an expression of dissatisfaction to frontline staff, in which case they will attempt to resolve the issue on the spot and no further action needed.

Stage Two

If your complaint was not resolved on the spot then the Team Leader will contact you directly to discuss your complaint in detail. This will be within 5 working days.

Stage Three

If you are still not satisfied with the outcome of your complaint then the Service Manager will send a record of the complaint/concern to the Risk Management Team and a formal investigation will commence at this stage.

Facilities;

Leigh Bank consists of 16 bedrooms of single occupancy with some en-suite bathroom/toilet facilities and some shared showers and toilet facilities. The service is situated close to local amenities, transport networks, shops, attractions and other community based services.

Laundry - Laundry facilities including a dryer and an iron are available on the ground floor in the utility room, next to the kitchen.

Group Room - Our Group room is located on the ground floor and facilitates our two daily group sessions. Residents are welcome to use this room for visits.

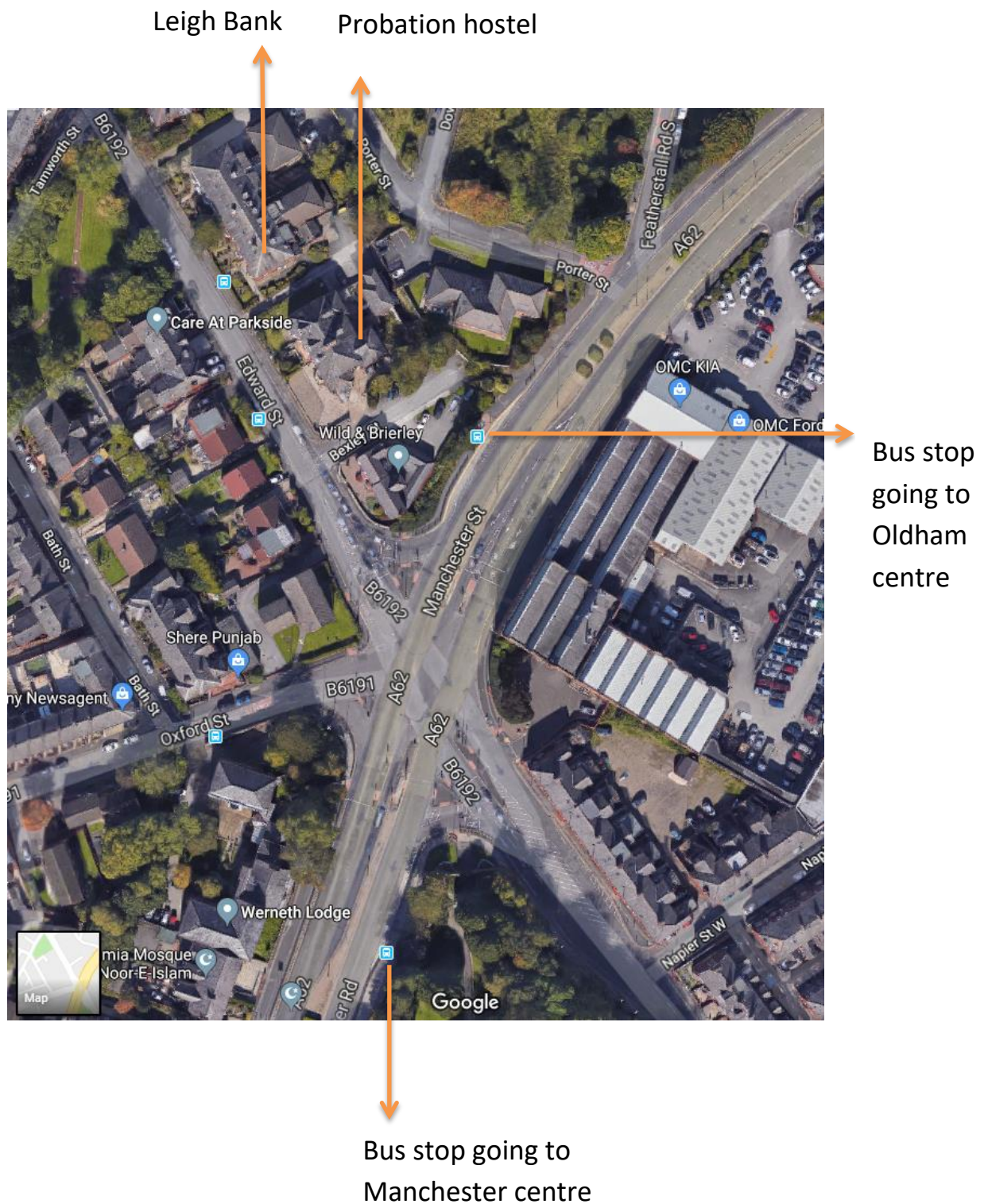
Garden - Please be aware during hot weather and it is not permitted to be in the garden with your top off.

IT Room - Located on the ground floor is a room with a desktop computer. Access to the computers will be monitored by the staff and can be used outside of therapeutic and 1:1 session time up to 10.30pm.

Smoking - Is permitted in the smoking shelter only.

Kitchen - Kitchen is located on the ground floor. There is a weekly rota for whoever is making the evening meal.

Bus information



Bus number: 83 First Bus (Sholver- Manchester)

- day rider - £5
- week rider - £17
- month rider- £58 online, £62 on bus
- www.tfmgm.com/public-transport/bus/routes/83-sholver-timetable

Local - Leigh Bank related numbers

Leigh Bank on call number – 24 hours	07875 767 435
Taxi	0161 678 6060
Oldham taxi	0161 213 0000
Village taxi	0161 628 7000
Leigh Bank Rehab	0161 212 1435

Support related contacts

Frank	0300 123 6600
Samaritans	116 123
AA (Manchester)	0161 839 2881
AA (National) 24 hrs	0800 917 7650 help@aamail.org
NA (National)	0300 999 1212
CALM	0800 58 58 58
Relate	0161 624 0514
Release -Gives free and confidential advice about drugs and the law	0845 4500 215
Drink line	0300 123 1110
Drink chat	www.drinkaware.co.uk/chat-with-an-advisor/
Rochdale & Oldham Active recovery (ROAR)	Oldham 0161 217 7132 Rochdale 01706 672 176
Alcohol Concern (general alcohol information, can put you in touch with nearest alcohol advice centre)	020 7928 7377