

# The Lodge Programme

*Bridging the gap between dependency to independence*



The Lodge Programme  
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The Lodge Programme is an 18-week Supported Housing Project, based in two 4-bed units on the Yeldall estate. The main purpose of The Lodge is to empower or enable service users to regain control of all aspects of their lives. We aim to empower them through the reintroduction of choice – voluntary work, use of free time, church attendance – as well as semi-independent living, giving them responsibility for their own living environment i.e. cooking and cleaning. It is designed for those who have already begun to address their substance misuse and are participating in a comprehensive therapy programme. It provides a safe environment where newly acquired skills can be consolidated and practised, prior to re-integration into the community. When combined with the Yeldall Manor programme, it provides a total treatment package, which includes an Aftercare floating support service. Residents participating in the Yeldall Manor programme will be given the opportunity to join The Lodge Programme on completion. The programme is partially funded by Supporting People and Learning Skills Council discretionary grants. Current fees are available on request.

The Lodge is run with a Christian ethos, although applicants to the programme do not need to be Christians. We ask that residents respect the Christian aspects of the programme and attend weekly prayer fellowship and quarterly Celebration Services.

#### Application criteria

- a. Male
- b. 20 - 50 it would be unlikely that men outside this age range would be considered.
- c. Identified support needs
- d. Motivation
- e. To have been drug and alcohol free for a minimum of 3 months
- f. Need to demonstrate vulnerability and a housing need
- g. Evidence of savings of £45.00 to cover first week food expenses and service charge
- h. Funding must be confirmed in writing

#### Partnership working

The Lodge has links with local training providers, employers, housing agents and Job Skill facilities, in order to ensure a holistic approach to all aspects of a resident's recovery.

#### Supported Housing

(Partially funded by Supporting People)

- **Individual Support Plans**

Each resident receives a support plan designed according to their individual needs. This begins with an initial support plan identifying short term goals. Within four weeks, a more intensive support plan will be agreed and implemented. Subsequent reviews will take place at 18 weeks and on completion of The Lodge Programme.

- **Regular Key working sessions**

Regular 1-1 support sessions are more personal and will take place with a Key worker to assess progress and reassess any objectives as required. These sessions also give both parties opportunity to talk through other issues such as person budgeting and attitudes to healthy eating and personal risk assessment with regard to relapse prevention work. This relationship continues during reintegration to the community on completion of his time at The Lodge.



- **Learning independence**

The Lodge is a completely independent, self-contained building where residents put into practice all they have learned at the Manor. They take responsibility for their own welfare, cooking, cleaning and appearance of the accommodation and are accountable to the Key Workers for the standard of care shown.

- **Housing issues assistance**

Whilst residing at The Lodge, each resident will enter into a tenancy agreement, supported by Housing Benefit. Any issues arising during occupation will be addressed. These will prepare residents for the responsibility of taking on their own tenancies on completion. They are supported at all times by The Lodge programme (Resettlement) staff team.

### **Training and Work Orientation**

(Supported by discretionary funding from the Berkshire Learning and Skills Council)

- **Work Orientation training**

In order to equip a resident to re-enter the employment market, basic work related courses are undertaken. These include mandatory courses such as Food Hygiene, Manual Handling, Health & Safety and Fire Warden training. In addition, any individual training needs will be identified and provided with the help of local training providers.

- **Work Orientation placements**

Reintegration into the workforce begins with voluntary placements at local businesses or voluntary organisations. These provide an opportunity to further develop confidence and self-esteem, and increase residents' experience of routine, structure and personal accountability. During this period of work orientation, residents gain the experience giving their time without receiving payment in return. They put into practice newly-learned attitudes and skills such as: taking responsibility; starting and developing relationships; coping with difficult situations (i.e. inadequacy & confrontation) and communicating and interacting in a professional manner with different types of people.

- **Information Technology experience**

Residents are able to make full use of IT facilities in a designated training room, which includes restricted internet access. Basic IT skills are taught by a tutor from a local college, who has a flexible approach and can accommodate different levels of experience. Basic literacy and numeracy skills training are also available.

### **Employment Support**

- **CV preparation**

For many residents, completing a CV can be daunting, especially when trying to explain breaks in employment history. All residents are encouraged to be open and honest at all times and we facilitate specific CV writing groups to help overcome perceived barriers.

- **Job Skills Groups**

Tutor-led job skills workshops are run weekly and are designed to help prepare residents for full time paid employment. During these workshops, residents explore which careers are most suited to their personality and the avenues that exist for employment opportunities. They receive guidance on the application process and interviews skills training.

### **Group Work**

Group work allows the flexibility to build on issues being worked on in the 1-1 sessions. Offering the opportunity to share experiences and receive advice from fellow peers. The sharing of risk assessments associated with 'drinking after work scenarios' for example can be discussed within the group with it having a benefit to the entire group. The practical sessions of cooking or role playing social interactions is vital to obtaining a full well balanced view.

- **Relapse Prevention Groups**

In order to maintain sobriety, continuous work must be done to identify triggers, beliefs and feelings. Risk assessments of potential damages are completed and discussed in resident meetings. Group discussions are supported by handouts that can be retained for future reference.

- **Relationship Building**

Most residents have experienced difficulties with close and personal relationships, particularly when addicted to drugs and/or alcohol. Many have experienced co-dependent relationships; many have relationships to repair. Courses are run over a 6-week period, which include looking at different styles of relating, understanding all sides of a story and learning effective ways of dealing with stressful situations.

- **Life Skills**

Life Skills training compliments the relationship-building sessions and is intended to further improve the residents' ability to have good relationships. Using the Neuro-Linguistic approach, residents are taught mechanisms to help relieve stressful situations, how to negotiate and how to reason. These newly-learned skills are practised in a safe environment by problem-solving their current issues.

- **Budgeting**

To further prepare them for resettlement in the community, residents are given full responsibility and control of their finances. They are responsible for buying all their food and everyday necessities for living independently. Groups are facilitated every fortnight, during which residents learn to budget their income. This includes teaching about: paying rent; applying for available grants; opening bank accounts and other financial issues. Current financial issues can be brought to the group and group members are encouraged to jointly consider solutions and options.

- **Accountability Groups**

Residents are accountable to each other not only for their actions but the decisions behind those actions. Groups are facilitated where situations can be brought before the community and discussed in an effort to examine the rationale behind the decisions and give space to consider alternative actions.

- **Nutrition and Healthy Cooking**

Residents are expected to cater for their own dietary needs and healthy eating groups are arranged to teach them the basics of healthy eating. Training in food preparation and presentation is a mandatory part of the group work.

**CURRENT TIMETABLE**

Monday	Tuesday	Wednesday	Thursday	Friday
9.30 Group with Trainer 10.45 Tea break 11.00 Group 12.30 Lunch 2.00 Group 3.00 Tea break 3.15 Fellowship	Voluntary work	9.30 Relationship building with Trainer 10.45 Tea break 11.00 Relationship building 12.30 Lunch 2.00. Groups including: Relapse Prevention Nutrition Healthy Cooking Budgeting session Aromatherapy 3.00 Tea break 3.15 Relapse Prevention NB: Keywork can also take place during this time	Voluntary work	9.00 Key work/Free time 9.30 Group with Trainer 10.45 Tea break 11.00 Group 12.30 Lunch 2.00 Group with trainer 2.45 Tea break 4.00 Yeldall House Meeting

**Aftercare 1 year support**

- **1-1 meetings with full-time aftercare worker**

On leaving The Lodge Programme, former residents will continue to receive support from their Key worker for a further 12 months as they readjust to community life. This will include revising their support plan relevant to their new lifestyle.

- **Counselling**

Counselling can be arranged with Yeldall Manor counselling staff, as necessary.

- **Group meetings**

A varied aftercare programme exists, which offers group support, both in formal group meetings and in social events such as sailing and ten-pin bowling.