



Information for Professionals

Good News Family Care Homes Ltd.

Registered Charity: 1042386

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Good News Family Care (Homes) Ltd is a Christian based registered charity that seeks to model a sense of family and belonging in a secure and accepting space. Our vision is to make a positive impact in the community — the influence of each transformed life affecting the whole.

GNFC's multi-disciplinary team of professional and committed staff are dedicated to supporting residents throughout their stay to achieve identified goals. We believe in a holistic approach with an emphasis on a healthy, balanced and structured lifestyle. We offer residents a combined range of interventions and a support plan, tailored to meet individual need. Support is provided to the agreed requirements of referring agencies.

Staff provide an excellent standard of care, working alongside partner agencies including High Peak Community Housing, the Community Mental Health Team, Health Visitors, Social Care, and local GP surgeries. In liaison with these agencies we seek to ensure people receive the best possible care. GNFC service outcomes are reviewed regularly to improve service delivery in consultation with agencies and residents.

Levels of Care Packages offered through the services available from GNFC

Support can be accessed at any of the four levels summarised below:

Level One: freedom2live Recovery Programme

GNFC provides supported accommodation for women seeking to recover from alcohol and substance misuse through a Structured Recovery Programme (SRP) called "freedom2live". Support consists of individualised targeted recovery support and participation in work based training projects. We offer accommodation for women requiring recovery support with their young children when appropriate.

Accommodation comprises of two 4 bed self-contained centres. One based at Charis House, Buxton and the other at Oldfield Farm, Taxal. Both sites are for single women and when appropriate with their young children. At Charis House children from birth to 5 years are accepted and at Oldfield Farm for women with children aged 5 - 10, (in all cases when risk assessments are favourable and in agreement with the local Social Care department only).

Ideally individuals who are referred should be detoxified from alcohol or illicit substances on arrival, however a controlled detoxification may be considered in liaison with health care professionals. Each individual will be assessed prior to their arrival.

Please note, if a person is detoxing on a methadone reduction programme, rather than arriving having detoxed, it can delay progress and may take more than 6 months.

The freedom2live Structured Recovery Programme includes:

- 12 step recovery programme – "Life's Healing Choices";
- Work based Skills Projects;
- Holistic recovery specific group and individual sessions e.g. relapse prevention, hierarchy of need, cycle of change;

- A range of courses including topics of Self-esteem and Parenting (age appropriate);
- Cognitive self-help groups;
- Healthy living sessions/discussions;
- externally accessed groups e.g. AA.

While we do not seek to treat issues of mental health difficulties, eating disorders, sensory and/or physical impairments or learning difficulties; we accept people affected who experience these conditions and facilitate access to appropriate services.

Level Two:

freedom2live Programme Stage 2: Women who successfully complete the first stage of the Recovery programme are offered a further period of stabilisation in the Family Centre for Stage 2 of the programme. This stage can continue from 3 – 9 months according to individual need. The recovery programme and specific activities are accessible throughout this stage, while enabling the resident to have increased independence, and opportunities to integrate with other residents in the Residential Family Centre and the local community.

Residential Family Centre Support: The Residential Family Centre is for women fleeing domestic abuse and women with a variety of medium level support needs due to factors such as learning difficulties or safeguarding concerns. We welcome women, girls of all ages and boys up to age 10 (up to 12 discretionary) and single women in need of support.

Residents are expected to access courses offered by staff. Available courses include:

- Parenting Course: 3 courses available of 6-8 sessions, available in group or individual format;
- Self Esteem Course: 12 sessions 1 ½ - 2 hours;
- Budgeting: 6-8 sessions, each 1 hour. One to one input tailored to individual need;
- Literacy and Numeracy support: Offered as required, according to the need;
- Healthy Eating, Menu planning and cooking: Offered as required, according to the need.

Residents are allocated a Key Worker with whom they meet at least bi-weekly or more often if required. We provide 24- hour cover through an 'on call' system.

An increased level of support or observation can be provided for residents in the Family Centre as identified and assessed by agencies or considered to be required following referral. In this case, additional support charges will be negotiated with the referring agency. Where necessary, residents may be referred to external agencies for additional support.

Level Three: freedom2live Recovery Programme and Family Centre Resettlement Support

When residents leave the Recovery programme or the Family Centre referrers can continue to provide for a period of intense support (charges as in price list) to assist the individual in accessing accommodation and grants to set up their home with necessary furnishings and equipment etc. Also support is available to organise the removal, set up household services, locate local services as appropriate and register with GP etc.

Ongoing activities including Healthy Living courses, and a drop-in group are available one day a week.

Ongoing support is available for previous residents according to need. This can include assistance with practical issues to support them to live independently or support required due to their mental health, and spiritual needs.

Residents and individuals in the community can participate in a community Creative Arts Group: a drop--in session one day a week using a wide variety of mediums discussed and agreed by the participants. Participants also take part in fundraising activities such as making jams and preserves and a create variety of craft items made with their new skills.

Level Four: Oldfield Farm Work Based Skills Projects

Skills Development Training Projects are available for all our beneficiaries across all of our services for as long as desired and can be accessed Monday to Friday from a half- day session to a full week.

Based at Oldfield Farm, the Skills Projects provide opportunities for:

- Current residents on the Recovery Programme or based in the Family Centre;
- Continuity of support and empowerment for the future for ex-residents;
- A separate service to women, men and young people who have not been referred to other levels of support.

Referrals to the Skills projects are open to Mental Health agencies, Community Drug and Alcohol teams, Schools and Education Agencies, Probation and Youth Offending Teams, Social Care, Employment Agencies etc.

The purpose of the Work Skills training projects are to empower marginalised and vulnerable individuals to rebuild their lives through developing positive attitudes and skills. This will help to equip people to enter the job market, promote confidence and develop a variety of practical skills. The project aims to develop personal, social and spiritual awareness whilst encouraging a concern for environmental and conservation issues. Activities enable us to work towards the achievement of these aims and towards a greater level of sustainability for the residential and outreach work.

Ongoing activities include:

- Woodworking Skills;
- Horticulture Skills and Education;
- Traditional country crafts;
- Free-range Egg Production and Sales;
- Equestrian Skills, potentially including a livery yard as a new training project;
- Animal Husbandry;
- Caring for the countryside and Land maintenance.

GNFC Nursery

Non-residents and current residents can access the Ofsted inspected GNFC Day Nursery, which is open Monday – Friday 8.00-15.00. Places are available for children from 3 months to 5 years. Government funded places for eligible children can be extended at the current hourly rate. Charges for residents in Level One include nursery care and may be paid in part by government funded hours where applicable. Residents in Stage 2 Recovery and in the Family Centre can access nursery care by arrangement with nursery staff which must be funded, unless fully funded by government nursery provision funding.

Who is eligible to access GNFC's services

Good News Family Care provides supported accommodation to women and their children with a wide range of needs which are often complex and may include:

- Substance misusers requiring recovery support;
- Women and their children fleeing domestic abuse;
- Women who require support to enhance parenting skills;
- Safeguarding of children and vulnerable adults;
- Parental mental health issues;
- Homelessness;
- Financial management issues;
- Home care or relationship issues.

How to refer

Service users can be referred by a variety of agencies such as their GP, Social workers, Police or Probation Service, Community Drug/Alcohol teams, Christian organisations, Voluntary and Statutory Agencies. Referrals from beyond Derbyshire are welcomed, however funding arrangements must be agreed between the referral agency and Buxton Social Care if the referral includes children who are, or may become subject to safeguarding measures.

If you would like to make a referral, please contact us on 01298 24761, with details of who you would like to refer, the level of service they would benefit from and any concerns you have which may prevent them from accessing services. For more information on services available and our charges, please contact us.