



Tel: 01793 762365

GLOUCESTER HOUSE ADDICTION REHABILITATION CENTRE



Welcome to Gloucester House Residential Treatment Centre

Gloucester House is a CQC registered treatment centre that has provided residential treatment for people with substance misuse, drug and alcohol issues since 1961.

Our 19th century grade II listed building is situated in the market town of Highworth, near Swindon. It is an all male centre offering single occupancy accommodation for 12 people on site, with a further accommodation for 3 people in our second stage community house.

Gloucester House recognises and understands the damaging effects caused to individuals, families and communities through substance misuse, and our holistic, intergrated 12 Step programme is designed to empower and support every individual to attain a life free from dependency.

Therapy programme

The therapy programme gives clients an opportunity to come to 'know themselves' free from addictive substances. It offers an effective response to the inevitable and ongoing challenges of life.

Our programme is intense and practical and utilises a group work format supported by one-to-one counselling. The programme has two stages, each comprising 12 weeks: depending on their needs, clients may engage for either stage alone or both consecutively.

The first stage programme focuses on the (often) new experience of being substance free, and growth of self-understanding

around addiction, unhelpful patterns of behaviour and new strategies for sustainable recovery.

At the end of the first stage, clients undertake a transition self-assessment, which helps them to pause and reflect on their readiness to progress to the second stage. They evaluate their new way of life, practice of 12 Step recovery and their emerging role as a 'senior peer'.



The second stage programme gives clients an essential opportunity to test and consolidate their recovery in the wider community. Clients undertake voluntary work placements or training courses and are expected to demonstrate greater responsibility and independence within and outside the rehab.



GH Step Work Journey

At Gloucester House, we recognise the 12 Steps of Alcoholics Anonymous as a proven and effective programme of recovery from addiction. We have developed our own unique approach to introducing clients to this amazing programme: The GH StepWork Journey, a set of assignments designed to guide clients along the way.

Soon after arriving, clients are immersed in the 'new design for living' that the 12 Step programme offers: through our weekly StepWork afternoons, supported by our passionate and dedicated Step Mentors, who model real recovery; focused MiniGroup discussions; 'Big Book' study groups; and regular attendance at internal and external Fellowship meetings.

We are proud of our 12 Step programme at Gloucester House and believe that we are one of the few rehabs to take clients through the full 12 Steps. Our clients are well prepared to engage with the Fellowships after leaving treatment, where their hard-earned recoveries and new lives can flourish.

Our Step mentors are Harry, Ronnie and John.



Our Gloucester House Team

Susan Tollington (*Centre Manager*)

Ros Rolfe (*Programme Coordinator for Referrals – Admissions and Marketing*)

Tracy Gorzynski (*Programme Coordinator – Therapy*)

Denise Garside (*Administrator*)

Rennie Willard (*Workshop Supervisor*)

Chris Brockbank (*Support Worker*)

Richard Young (*Support Worker/Resettlement*)

James Hansen (*Assistant Support Worker – Nights*)

Keith Hewlett (*Assistant Support Worker – Nights*)

Andy Hiam (*Assistant Support Worker*)

Amanda Pederson (*Assistant Support Worker*)

Debbie Smith (*Cook*)



Nick



Susan



Ros



Chris



Denise



James

Occupational Therapy



The workshop and craft programme is an essential and integral part of the holistic treatment at Gloucester House. We recognise that creative activities can often provide an outlet for personal expression.

In addition to this 'therapeutic' function, the workshop programme offers client's hands-on opportunities improve life skills and to plan and see projects through to completion – great restorers of self worth.

In addition to the craft studio, workshop resources include: IT Suite; pets for care; allotment; basic skills – English and maths and IT training; gardening projects; wood-working; pottery and kiln; kitchen craft and our signature Gloucester House Glass craft studio.



Clients engage in the workshop and craft programme three afternoons each week. Workshop facilities are available for clients use at other times including weekends.



Resettlement and Aftercare

Clients leaving Gloucester House are mostly resettled in supported move on accommodation in different locations across the country, if not returning to their own home.



Gloucester House works in partnership with several move on agencies that offer abstinence based accommodation and continued support with life-skills, access to education and employment and referral into independent living.

Our resettlement officer will start liaising with resettlement agencies shortly after a client's admission, so as to ensure the client gets the opportunity to view a choice of move on placements that is best suited to their needs. All the placements used by Gloucester House offer the support we feel our clients need following a structured programme and they have many agencies working alongside them that also help support clients requirements.



Clients resettling locally to Gloucester House can return to the centre twice weekly to attend our aftercare groups if required. Here they get the opportunity to offer peer support to new clients, attend the morning group and participate in the occupational workshop, or other activity in the afternoon.

Relief Support Workers – Mike Beckley, Lee Featherstone, Rosie Vincent, Nick Shepard.

Sessional Counsellors – David Day, Sheena Dickens.

Trainee Counsellors – Richard Turrel, Lorna Liddle, Teresa Coulson.

Volunteers – Pat – Ceramicist and creative arts expert; Arend – Community Allotment; Adrian – IT;

Ray – Gardener; Martin – Handyman; Jean and Ann – Basic Skills Tutors from Swindon College and Joy – Support Worker.

Salvation Army Chaplains – Stephen and Lynley Oliver.



Pat



Keith



Amanda



Andy



Ronnie



Sarah

Fundraising for our Buy-a-Bed fund

Funds have continued to be raised in support of our Buy-a-Bed save a life fund, which has enabled us to offer places to seven clients, thus far this year.

We would like to give a special thanks to the members of the St. Michael's Church in Highworth, who raised over £300.00 from their plant sale;

Andy Hiam (Support Worker) who ran the London marathon raising over £2000;

Our wonderfully supportive Dr John Bestwick and son Tom, who cycled from Lands End to Highworth raising over £6000 to date;

Kind donations from Ian and Shirley McCormack with grateful thanks;

Donations from the Salvation Army fundraising team, increasing our pot by over £10,000 thank you all you lovely ladies.

Thank you everybody for all your continued efforts and support.



At Gloucester House we are passionate about igniting the unique potential of every individual. We aim to inspire clients to embrace on-going change, to build a new life free from addiction.

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