The Beliefs & Aims of Julian Housing

Our Belief

We believe that hope is crucial to everyone’s existence. Without it people cannot engage in life.

Our Aim

To improve the quality of peoples’ lives by focusing on what they feel are their housing and support needs, and by accessing appropriate resources to help meet those needs.

Our Belief

We believe that strengths are something we all have. Everyone has the capacity to grow, to learn and to change.

Our Aim

To build on peoples’ existing strengths and skills in order for them to live as independently as they wish.

Our Belief

We believe that everyone should have the opportunity to enjoy safe and secure housing.

Our Aim

To enable people with severe and ongoing mental health problems to live within the community in accommodation suited to their needs.

Our Belief

We believe that people with severe and ongoing mental health problems have the right to take part in positive challenging outdoor recreational activities.

Our Aim

To deliver a first class skill based recreation and education package that enhances healthier lifestyles for people who are socially excluded.
The Objectives of Discovery Quest

To promote green spaces and the wilderness as an experiential learning opportunity

To build upon and enhance social and psychological recovery through genuine personal achievements

To increase the self-confidence and aspirations of all those undertaking the project

To reduce social exclusion in wards with high deprivation levels

To reduce the dependence upon health services and prescribed medication
From the first minute I read about Discovery Quest it excited me. That was in the context of applying for a job with Julian Housing and as an outsider I couldn’t help but think how simple it was as a premise – walking makes us feel good and hard walking makes us feel as if we have really achieved something. It wasn’t until I had joined JHS that I realised that Discovery Quest was something much more than a walking therapy – it is about taking that good feeling and using it to learn and retain life skills that can be shared amongst service users.

It is rooted in the philosophy that underpins all that JHS does – that people need hope, and that in order to inspire hope we work with peoples inner resources and strengths rather than trying to address deficits or bits that are missing. It’s hard work and it requires optimism and a worker who recognises their own strengths and abilities. Paul Lefever, manager of Discovery Quest optimises that philosophy and I encourage and support him in his ideas, his optimism and his tenacity to secure a solid future for Discovery Quest.

Our thanks go to the partners below who have made possible the capacity building work this year. The outcomes for service users’ improved health and for social inclusion look very impressive and the prospect of an in depth research proposal is another exciting development for this unique project. I look forward to the next report and the continued success of Discovery Quest.
In March 2008 Discovery Quest produced a report setting out a clear set of performance outcomes for the coming year. These proposed outcomes were to enhance the projects aims and objectives in order that it could run at full capacity and deliver long-term achievements in 2009 and beyond. The primary focus in 2008 is to develop its project structure and capacity before pressing ahead with a further 6 months ‘challenging’ walking therapy programmes.

The Performance Framework for 2008/2009 will be based on:

1. Capacity Building
2. Service Provision

1. Capacity Building

Aim:
- To increase the capacity of Discovery Quest to deliver services

Objective:
- To recruit a Project Manager
- To recruit a Project Worker
- To establish office facilities
- To produce specific off site policies and procedures that meet with current Health & Safety guidelines
- To continue fundraising to establish long term sustainability

Outcomes:
- Improved capacity to deliver service
- Specific project policies and procedures implemented
- Service available to more people
- A Service User training package is further developed and implemented
- The project is able to meet National and Local Area Agreement standards more efficiently and effectively
2. Service Provision

Aim:
- To develop a unique recreational service that is primarily user lead. The service provision will focus on improving physical, psychological, emotional well being alongside social inclusion.

Objective:
- Extended Training & Consolidation Period for Service User Vocational Training Package
- Developing a drop in weekly walking group, supported by the service users who have completed the vocational training package

Outcomes:
- Reduced dependence upon ‘health’ services
- Increased physical health
- Increased levels of social interaction

Increased levels of:
- Motivation
- Confidence
- Self-esteem
- Increased aspirations

Increased level of Personal Skills
- Attendance / Engagement levels
- Personal Responsibility
- Team working

An Increased level of opportunity
- Recognition of prior skills and experience
- Transferable skills
Objectives

1. To recruit a full time Project Manager
2. To recruit a full time Outdoor Activity Instructor (Outreach worker)
3. To develop an office base and facilities
4. To produce specific policies and procedures that meet with current Health & Safety guidelines
5. To continue fundraising to establish long term sustainability

Outcomes

1. On the 19th of May 2008 a full time Project Manager was in Post
2. On the 1st of September 2008 a full time Outdoor Activity Instructor was in Post
3. By the end of May 2008 Discovery Quest secured an office base and facilities in Julian Housing premises
4. By September 2008 Discovery Quest had in place a comprehensive set of operating procedures, risk assessments and other off-site specific policies that enable the smooth running of the project. These are available on request. (These compliment the policies and procedures already implemented by Julian Housing Support)
5. In July 2008 Julian Housing Support - Discovery Quest had submitted a stage one application to Natural England - The Big Lottery Fund (Access to Nature). The application was for £361,000, over three years. Earlier this month we were informed that the application was successful and we could move on to stage two.

By late August, Discovery Quest had in place written commitments from Norfolk Primary Care Trust, Norfolk Social Services and Norfolk Community Foundation to provide an additional £88,000, if the lottery bid was successful.

A second grant application has been lodged to the Department of Health for £180,000 for three years. We await their decision.
Objectives:

1. Extended Training & Consolidation Period for Service User Vocational Training Package

2. Developing a drop-in weekly walking group, supported by the service users who have completed the vocational training package

Service User Vocational Training Package (SUVT)
Qualifications and Training completed to date:

- National Navigation Award – Bronze and Silver Award, 7 day course – Peak District National Park
- Rescue Emergency Care is HSE approved, 4 day course – Snowdon National Park
- Pre Mountain Leader Training - 18 day training in Snowdon, Lake District & Yorkshire Dales
- Completed two wildlife and conservation awareness workshop – Norfolk Wildlife Trust
- 1 service user has completed the First Aid at Work certificate, 4 day course – Norwich
- Two service users have had a number of two hour sessions at the UEA climbing wall to establish confidence in climbing and awareness of safety

Outcomes:

- 1 participant has been discharged back to Primary Care
- All 3 participants who are undertaking the pilot programme have noticed an increase in self-confidence and ability to interact with others
- All 3 participants have a greater level of physically strength, and are able to spend longer periods walking (up to 15 miles per day walking)
- On a number of occasions, all 3 have expressed a greater sense of well-being
- All 3 participants not only feel more confident in undertaking any new challenges, but also are willing to face new challenges on a regular basis
1. Evaluation of SUVTP to date:

It is important to remember that all three participants have spent a considerable amount of time, receiving support from secondary mental health teams and other mental health organisations in Norwich. This support has ranged from intensive psychiatric input and crisis resolution, to long-term community support. They have not only had to contend with the personal difficulties that serious mental health symptoms bring to their lives, but also the way in which other people have treated them, both within and outside mental health services. Their personal recovery and rehabilitation has been about ‘rebuilding and developing a satisfying and valued life’. Norman & Ryrie (2004). What Discovery Quest is offering them, is the opportunity to feel included and valued.

The SUVTP is with doubt playing an important role in the service users lives. However there are some real concerns that the programme may be overly optimistic, and the timeframe in which the service users aim to complete the training and gain a National Governing Body Award (Mountain Leader) may take more time than originally planned. The main concern is the ability of the service users to consider others and become effective and competent leaders and role models. We decided to conduct a review with the service users, to examine: what has worked, what has not and what development needs there are. The review was user lead, and the approach used was a open, honest and mature dialogue. The service users, together with the Discovery Quest outdoor activity instructor implemented a workable six-month plan. They requested a back to basics approach, with the view to relearning and reigniting the information, this time with more intensive support from the worker. The plan will focus on enhancing their skills and developing confidence and leadership.

2. Drop in weekly Walking Group

The group starts on the 30th of September; Discovery Quest has received 17 referrals, with a good gender mix. No further outcome to report.

Summary

The Service User Training package may appear to some optimistic, yet with the support, encouragement and hard work from all sides, I am sure they will prove many wrong, and feel a great sense of achievement. The belief and conviction that the project will continue well on into the future is still prevalent. The means to how this will be achieved is still dependant on future funding.

The last six months of the project has seen a number of important improvements in the project’s capacity and structure. With the continuing support from Julian Housing and others, who believe in the project’s ethics and values, this can only have a positive effect on the project’s future service provision and outcomes.
In April 2008, Discovery Quest became a part of the Julian Housing Support range of services. This means that Discovery Quest is accountable to the Core Management Team and the Board of JHS. Previously Julian Housing was providing partnership support to Discovery Quest. Now that Discovery Quest is a Julian Housing project the DQ Manager receives direct supervision from the Director of Practice Development and the backing of an organisation with sound business experience. This support is invaluable and enables the project to develop strong foundations in order that the project has a greater chance of success.

Discovery Quest is now a member of the Institute of Outdoor Learning who encourage outdoor learning by developing quality outdoor activity provision and by supporting and enhancing the good practice of those who work in the outdoors.

Norfolk Wildlife Trust provides a series of workshops for DQ aimed at developing participants’ knowledge of the Norfolk wildlife and ecology. The workshops are focused on four areas: coastal, broadland, heathland & woodland. If the Access to Nature bid is successful, Discovery Quest aims to work even closer with Norfolk Wildlife Trust, who will provide 36 workshops over three years.

Discovery Quest has continued developing its relationship with the Primary Care & Psychological Services, Northgate Resource Centre. This team, in conjunction with the University of East Anglia and a steering group, have recently submitted a research proposal to the Department of Health (Patient Benefit Grant). If the proposal is successful, a one-year mix-methodology independent research study in 2009 will take place into the effects of Discovery Quests programmes on service users lives.
Further Information

If you would like copies of any of our publications please contact our Norwich office or visit our website: www.julianhousing.org

Leaflets

- Information for Clients
- Information for Referrers
- Do You Have Housing Problems? (Link Worker Service)
- Complaints, Compliments and Queries
- Client Access to Personal Information
- Housing Assessment & Resettlement Team (HART)
- Floating Support Service

Case Studies

Examples of how Julian Housing has worked with clients are available from:

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