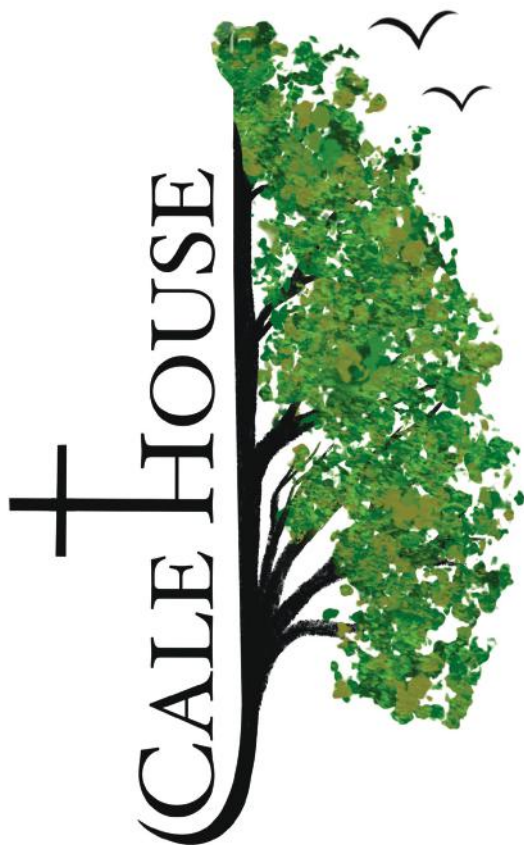


CROSSREACH

Care you can put your faith in

Cale House Supported Accommodation

Resident Information Brochure



Support at Cale House

Each person who comes to Cale House has their own story, and we as a staff team are committed to support you on your journey while you are with us, and as you transition beyond Cale to your own tenancy. The length of stay varies for each person with the maximum period being two years.

Cale House is a 'dry house' where each resident is committed to abstinence from alcohol and substances, promoting the health, wellbeing and welfare of all who live here.

Cale House has a supportive, skilled, and knowledgeable staff team. You will be assigned an experienced key worker to work with you. The number of weekly meetings depends on the type of support each person requires. Cale staff will work closely with agencies and professionals involved with each resident to ensure you receive holistic support.



Support includes:

- A level of emotional support
- Addressing drug and alcohol issues
- Help with welfare benefit claims
- Crisis management
- Budgeting
- Household management
- Food preparation
- Meaningful use of time, volunteer training

What's in it for you

- Finding coping strategies to continue abstinence
- Finding confidence and own self worth
- Feeling part of society
- Regaining control over own life
- Re connecting with loved ones
- Links to other health professionals
- Finding new hobbies, volunteering and preparing for employment



"I thought I was being forced by my family into Cale House and so I was resistant but decided to give it a wee try. After I had been for my assessment and once the staff sorted out my benefits everything started to come together. I realised how supportive everyone was. I had never had that support before."

"I feel safe here, I daily feel welcomed and accepted. Every morning I feel anxiety and to help me I go into the office and the response I get from staff helps remove my anxiety."

"Cale House offers an outstanding support for individuals who are undertaking a period of abstinence. Each client being provided with 1:1 support assisting them to prepare for independent living."

Highland Council Survey 2021



Cale House has been supporting people to turn their lives around since 1996. Falling under CrossReach's service area of Substance Use, Homelessness and Justice and funded by the Local Authority and NHS. Cale House has been an integral part of the overall strategy within Highland to provide services for individuals who find themselves homeless and who may be in recovery from substance use or require support to reintegrate back into community life after a period of being with Justice Services.

Accommodation

Cale House is unique in Inverness. It is a safe stable environment for people committed to change. The office and flats are located in the heart of Inverness with all local amenities on hand. There are 13 flats. 5 single and 8 double.

- All flats are fully furnished including linen
- Residents in double flats have their own bedroom but share the kitchen, bathroom and sitting room
- A safe, comfortable environment, which is free from alcohol and drugs
- Free Wi-Fi in all flats
- Information Hub to allow you to make informed health and lifestyle choices that contribute to positive physical and mental health

We believe you can build a future free from the things that held you back in the past. We will help you find what you are good at and enable you to transition confidently into living a full life in community. Take your first step and contact us today.

Call 01463 718616

*Thanks to Toni Ross, friend of a Cale House resident, for designing our front cover image.



Care you can put your faith in

About us

CrossReach has been at the forefront of high-quality social care for 150 years. During that time, we have worked hard to understand the experiences of people. Our pioneering services have changed thousands of lives for the better. We involve people in their support to ensure it is personal to them. We offer support to people of all ages, enabling them to live life to the full whatever their circumstances.

Today we are one of the largest care providers in Scotland. We are still growing, learning and improving, thanks to the incredible people we have the privilege to support, and all those who support us.

Cale House

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IV2 3PX

Tel: 01463 718616

Email: calehouse@crossreach.org.uk

<http://www.crossreach.org.uk/our-locations/cale-house>



crossreach.org.uk/calehouse



The Church of Scotland
Social Care Council

Operating as CrossReach, Scottish Charity No: SC011353

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