

## PRAXIS SCHEMES

PROJECT NAME	DESCRIPTION	NO OF PLACES
North Down & Ards	Home Response	180 hrs
	Supported Accommodation	13
West Belfast	Supported Accommodation	16
Lisnaskea	Supported Accommodation	11
Banbridge	Supported Accommodation	16
Portadown	Home Response	100 hrs
	Supported Accommodation	16
Lurgan	Supported Accommodation	21
Newry	Home Response	100 hrs
	Supported Accommodation	18
Antrim	Supported Accommodation	16
Ballyclare	Supported Accommodation	16
Magherafelt	Supported Accommodation	16
Larne	Supported Accommodation	6
	Home Response	30 hrs
Coleraine	Flat Cluster	15
	Home Response	120 hrs
Derry City	Supported Accommodation	12
No 12	Education/Social Drop-In Centre	Varies
Befriending Service	Provincewide	110 matches
Carers' Advocacy Project	Support service for carers	70
Isle of Man	Home Response	150 hrs
	Supported Accommodation	9
NHSSB Young People		
Befriending Service	Focusing on Young People Leaving Care	24 Matches
Manchester	Supported accommodation	20

## RESPOND SCHEMES

PROJECT NAME	DESCRIPTION	NO OF PLACES
Clements Court, Derry	Supported Living	13

## March 2006

## CHALLENGE SCHEMES

PROJECT NAME	DESCRIPTION	NO OF PLACES
Kimberley House, Newtownards	Residential Care	13
80 Upper Movilla Road, Newtownards	Residential Care	3
15 Main Street, Conlig	Residential Care	3
42 Forest Hill, Conlig	Supported Living	3
Kimberley Mews, Newtownards	Supported Living	4
Kimberley House		
Workskills, Newtownards	Workskills Training Project	26
Newtownards Domiciliary	Home Response	60 hrs
Forest Lodge, Portadown	Residential Care	6
Little Forest, Portadown	Residential Care	3
Forest Lodge Workskills, Portadown	Workskills Training Project	18
Beechfield Respite Unit	Respite Care	34
Beechfield Domiciliary	Home Response	145 hrs
Derry Cookie Company	Workskills Training Project	10
Le Bistro Project, Derry	Workskills Training Project	10
Derry Age Appropriate Day Centre	Day Care	18
Foyle Befriending, Derry	Befriending Service	20 matches
Glenfield Project	Respite Care	25
Melton Project	Respite Care	25
Mantlin Court, Kesh	Residential Care	17
Mantlin Cottage, Kesh	Residential Care	9
Creamery House, Kesh	Residential Care	11
Galliagh/Stepaside	Residential/ Respite Care	24
Hugomont House, Ballymena	Respite Care	30
Glenroyd House, Isle of Man	Residential Care	5

### PRAXIS CARE GROUP

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# Praxis Care Group

A Charity at the Centre of Caring  
2006 Annual Report



# Chair & Executive Director

The year ended 31 March 2006 was an exiting year for developments for Praxis Care Group outside of Northern Ireland.

Praxis secured a number of tenders in the South of Ireland for the care and support of individuals with learning disabilities and challenging behaviour in Navan and Mullingar. In England, Praxis secured a tender to takeover the care of individuals with learning disabilities residing in two nursing homes in the Kidderminster area of Worcestershire. These developments have underpinned Praxis Care Group as a significant care provider over the whole of the British Isles.

The Group also continued to increase its services in Northern Ireland. Turnover for the year increased by 18% to in excess of £14 million. The Organisation has increased its size threefold over the last 5 years and is now well established as the largest care providing charity in the Northern Ireland care sector.

It is satisfying to see the care programmes within Praxis reaching more and more vulnerable individuals in need of our care. The expansion of our services has meant that a number of individuals have been able to move from a hospital environment into a proper home. These include individuals from long stay hospital units who, with the right level of professional care and support, are able to live in the community and experience a far more rewarding quality of life.

The achievement of Praxis Care Group can best be illustrated by the outcome of the annual service user satisfaction survey. The survey polls the views of all our service users across the range of services we provide. Within Praxis Mental Health services, 93% of scheme respondents indicated that their quality of life had improved under our care. Within the home response services, this percentage rose to 99%. The Challenge services were also highly commended.

Of those respondents resident in our Challenge schemes, 90% were happy living in their home. Families of children availing of our respite care services were 100% satisfied with the quality of

services provided to their family member. In the case of respondents from our work skills services, 93% were happy with their working day. Within Respond services, which service the needs of our elderly clients, 96% indicated that their quality of life had improved.

Our aim will always be to achieve and maintain 100% satisfaction with our care programmes. That is why we regularly seek the views of our service users. As a group, we continually strive for perfection and we believe our fundamental ethos to put our clients at the centre of our caring will help us to maximise the benefits to our service users.

The Chair and Chief Executive would like to extend their gratitude to Board member John Shields who retired during the year. We would also like to welcome our two new members, Rosaleen Moore and Vincent Malone. We look forward to a new year with them on board.



Pictured Right are:  
Bill Canning, Chairman &  
Nevin Ringland, Executive Director



# Caring About Children

Within the Challenge division of Praxis Care Group there are a number of varied services to children with learning disabilities, challenging behaviour and brain injuries. Rainbow Lodge is an eight-bedded children's unit in Ballymena. Approximately 40 families benefit from respite care at Rainbow Lodge.

The last year has seen some new developments and innovative practice within Rainbow Lodge. Staff supported two of our longer-term children to reintegrate successfully into the school environment after long periods of being excluded. One of these children won the school trophy for 'Best Achiever' at the end of term School Prize Day.

Following on from the previous year's work we again enlisted the support from volunteers from local companies, organised through Belfast Initiative. These volunteers, together with some of Praxis' more artistic staff members, enhanced the child friendliness of the unit via very decorative and attractive art work. This was aided by a donation of goods and equipment from the local B&Q that helped to make the outside of the unit more welcoming and colourful and better reflect the name of Rainbow Lodge.

Our children's respite unit at Beechfield, Conlig County Down, accommodates 5 to 6 children at any one time, giving respite relief to approximately 40 families.

During the summer a play area was completed in the back garden of the scheme. This was financially subsidised by Thales Air Defence. There is now in place a specialist wheelchair swing and soft surface area with a 6 ft fence, which ensures the safety of our young escape artists. This work is a great asset to the unit and enables the children to get out and enjoy the fresh air in a safe and stimulating environment.

As well as our children's services in the north of Ireland, we run two respite units in Glenfield and Melton in Leicester. Approximately 60 families in the Leicester area benefit from the respite care provided by the units. During the year, the staff at the Glenfield scheme worked hard to create a new sensory garden at

the scheme to provide added enjoyment to the children that stay with them.

*The staff are excellent and know each child's personality so well. The communication between staff, child and parent is super.*

*The staff really do try to meet the family's needs or requests'.*

*Parent*





**"PROJECT GROUND FORCE" YVONNE MELLOR,  
MANAGER GLENFIELD, LEICESTER.**

*'A quote for twelve thousand pounds for our new sensory garden left us speechless at Glenfield. So, stop, think for a minute and decide. Will we make it ourselves?*

*The prospect filled us with great excitement and enthusiasm. Plans were drawn up and markings laid for the big weekend. Friends, families, volunteers and staff all involved themselves in the hard slog of digging footings, laying electric cables, concreting paths and building raised beds.*

*The buzz of the Glenfield Project could be felt throughout the weekend, people were continually arriving to help.*

*Deliveries and donations turned up from so many sources and eventually finishing touches started to be fitted. Three varied water features flowed over cobbles and pearl stones. Bark cuttings lay between tree trunks and railway sleepers.*

*New fresh lawn was laid. Windmills spun and chimes rang out. Grasses blew in the wind, herbs filled the air with scents a plenty and flowers bloomed. Best of all the children laughed and smiled. They grabbed out in excitement and beamed with joy. It would have been worth twelve thousand pounds. Actually it was priceless. What an achievement for everyone involved."*



# Caring About Young People

Planet B is a drop-in centre for young people with mental ill health. The scheme is coming into its third year and activities during this year were many and varied. All activities are geared to impart skills to the young men and women using the centre. Courses run by the centre included computer courses and food

management courses. However developing social skills is just as important for these young people and various educational trips, sporting competitions, personal development activities and exercise programmes were built into the centre's itinerary for the year.

The most significant event for the centre was the 'Mental Arithmetic Conference', which was funded by YESIP. This was a one-day event aimed at raising young people's awareness of mental ill health and discussed, amongst other topics, the growing incidence of suicide amongst their age group.

Attendees were invited from schools and other youth organisations. Attendance was high and the conference was considered a great success.

Praxis opened its first accommodation scheme for young people leaving children's care services. This is a particularly vulnerable age group and so few services exist for these young adults. In many instances, these young people leave the children's care services and are left floundering with scarce follow-on services. Our accommodation scheme was set up under Foyle Trust with funding from Supporting People. It is targeted at individuals coming out of the care system with complex support needs. The accommodation consists of 6 flats allowing 6 to 7 individuals to move into their own home but with back-up intensive support from Praxis staff 7 days per week, 24 hours per day.

## *My Only Wish*

*I only wish I had more to give*

*So I might help those to live*

*I only wish I could help the  
blind to see*

*Thus committing man as free*

*I only wish that life was more fair  
So I might die without a given-care*

*I only wish there was  
no-sense of pain*

*Then there would be no  
tears to reign*

*I only wish my heart was more true  
So then, I would know  
What on earth to do*

Poem composed by Service User, Planet B.





# Caring About Adults

Our services in caring for adults have continued to grow during the year across all regions.

Our scheme in Manchester accepted its first tenants with 6 individuals with mental ill-health now receiving support and care from Praxis Care Group staff. Plans are in place to purchase a block of flats to facilitate another 14 individuals. The flats will require further investment by Praxis to become suitable homes for the tenants. The need for support to this client group is vast in the Greater Manchester area with very few community services in place. It is gratifying to know that Praxis is starting to make some headway in meeting this need.

In Worcestershire, we secured a contract to run two Nursing Homes in the Kidderminster area giving support and care to people with learning disabilities and physical disabilities. This is a first for Praxis Care Group as the running of Nursing Homes is new to our portfolio of services.

Another first for the Group is the securing of two service contracts in the Republic of Ireland. One of the schemes will provide care for individuals with learning disabilities in Navan. The scheme will consist of 2 five-bedded bungalows which Praxis Housing Association, a sister organisation of the Group, is in the process of purchasing, with assistance from Praxis Care Group and the Republic's Department of the Environment, Heritage and Local Government. The bungalows will require renovation to high accommodation standards. The second scheme is a four-bedded scheme in Mullingar, which will support individuals with a range of challenging behaviours. Praxis Housing Association is currently in the process of identifying a suitable home to house the scheme.

In the North, we opened a new mental health scheme, Dunmisk Manor, in the heart of the Andersonstown area of Belfast. The unit cares for 16 individuals with complex mental health needs, coming from long stay hospital wards. The unit has blended well into the community and has filled a significant gap in service provision.

*'I was unable to cope with life in the community. Praxis has improved my life and given me support which I am grateful for and the staff are very good to me'. - Service User*

Further plans and building work have been initiated to put in place care and support schemes to help vulnerable individuals in Larne, Lurgan and Magherafelt. Our accommodation schemes together with our work skills and day activity centres provide a holistic package to many of the clients we serve.



# Caring About Older People

The Praxis Care Group Respond division specialises in services to older people, particularly those suffering from dementia. Services within this area are small but growing steadily.

Our scheme at St Paul's Court, Lisburn has become one of the flagships of Praxis Care Group with many visitors coming from the UK, the South of Ireland and even further afield from countries in Europe. St Paul's Court was purpose built to provide for older people with severe and enduring mental and dementia related illness, making use of modern assistive technology. The accommodation consists of 15 two-bedded bungalows and can cater for elderly couples and overnight stays from family members and friends.

This first phase of St Paul's Court caters for elderly individuals with mild to moderate dementia and for complex health needs. However, plans are well underway for the second phase of this scheme to add group living type accommodation for 8 individuals with more severe dementia.

In the west of the province, Respond supports 13 elderly individuals within Clements Court, Derry. These individuals suffer from varying degrees of dementia and without the support of Praxis staff would be admitted to nursing care.

*'Without the Support, I would have to go into a nursing home and I would not like that.'*

*Service User*

Respond also secured a tender to provide housing support to older people with mental health difficulties, including dementia, in the Tyrone and Fermanagh area. The service is now operational and feedback very positive. Similarly a tender was won to provide floating support to elderly people with dementia in the Coleraine area.





# Caring About People with Phobias

NIAAS is in the second and penultimate year of Big Lottery funding. Our objectives for this period were to increase the number of self-help groups throughout Northern Ireland and implement the newly developed help-line and telephone counselling services.

Over the course of the year, 5 additional self-help groups were set up in Antrim, Ardoyne, Armagh, Downpatrick and Larne. The groups have been regularly attended and a

new anxiety management course is in development as a result of feedback from group members.

The new help-line launched in June 2005 and was publicised by a national bus advertising campaign. It is currently manned by a team of 8 volunteers and has received 800 calls in its first year. The telephone counselling service was set up in September 2005 and is aimed at making counselling more accessible for those who are unable to meet with a counsellor directly.

# Caring About Quality & Training

2005-2006 saw the implementation of the second year of the organisation wide survey of service users' views. The survey aims to give every service user the opportunity to tell us what they think of the service they receive and to use the findings to improve the quality of the service provided. This year almost 500 service users took part.

The information obtained provided vital information on areas of service provision, which worked well and highlighted areas for further improvements and developments. A steering group, comprising service users and staff was invaluable in overseeing the type of questions being asked and how the information is shared across the organisation.

The Training Department continued to develop the range and number of courses delivered to staff throughout the year. 245 courses were delivered, giving, 2635 staff training days either in Belfast or at a venue to suit the training being delivered. This represents a 60% increase in numbers on the previous year.

In order to ensure that our Physical Intervention training is delivered to the same high standard throughout the organisation, a second instructor was appointed in September and together the two instructors were able to meet staff needs for Breakaway and Physical Intervention training, including the needs of staff in the schemes in England and the Republic of Ireland.

The NVQ initiative also continued to develop throughout the year. Praxis Care Group also became accredited to deliver the new Assessor and Verifier Awards which meant that training for these awards could be provided in house rather than externally. As a result, we now have 27 trainee assessors and 107 candidates, a higher number of both than ever before.

The Award ceremony in February 2006 recognised the achievements of staff in a range of qualifications including NVQ, Management, DipSW and Induction and Foundation Award.

A cross border induction and foundation programme ran throughout the year, providing joint training for staff from Praxis Care Group and St John of God, a voluntary organisation based near Dundalk. The programme provided a good example of co-operative working and development of staff across the border counties.



# Caring About Research

Praxis Care Group has an established Research Department that conducts a wide range of in-house and commissioned research in the areas of learning disabilities, mental health, elderly services, acquired brain injury and other health and social care issues. During the year, commissioned research programmes included:

## TREATING ADDICTION, TACKLING CRIME

An Evaluation of the Harristown House Alcohol and Addiction Treatment Centre. The Praxis Care Group Research Dept was successful in securing a tender to evaluate a residential treatment facility in Ireland for men who have come into contact with the Criminal Justice System as a result of their misuse of alcohol and/or drugs. The evaluation was completed in March 2006 and is currently with the commissioning body, the Department of Justice, Equality and Law Reform, for final approval. It is anticipated the report will be disseminated in November 2006.

## BOTTLING IT UP

Addressing the support needs of mothers who problem drink and their children, Craigavon and Banbridge Community Trust commissioned Praxis Care Group Research Dept to conduct an audit into the effectiveness of alcohol services in meeting the needs of mothers. The study reported on the views of mothers who had experience of problem drinking and the professionals who worked with them. The report provides a good overview of the support needs of mothers and highlights the main gaps in alcohol service provision.

## CAWT - CARERS CROSS BORDER STUDY

In February 2006, Praxis Care Group Research Department secured a tender from CAWT (Co-Operation and Working Together) to examine the health status and support service requirements of carers of persons with a learning disability who live within a 10 mile corridor either side of the north/south border. This study is currently in progress.

Each year, Praxis Care Group Research Dept conducts a number of in-house evaluations, aimed at assessing quality within services and making recommendations for improved service provision. The following internal evaluations are on going:

## PLANET B

The evaluation aims to assess the impact of the clubhouse model on the mental health, personal development and employability of its members. Measured outcomes include self-esteem, general health, motivation and aspirations. During group activities, teamwork, communication skills, problem solving and leadership skills have

been assessed.

## CONNAUGHT HOUSE

The Research Department is carrying out an evaluation of a specialised unit in Northern Ireland, which provides supported group living for individuals who suffer from Korsakoff syndrome. The evaluation aims to explore the effectiveness of this unit by evaluating it as an existing model of good practice. The evaluation includes 3 main measures to assess tenant outcome (quality of life, daily living skills, and depression ratings).

## NI ANXIETY AND AGORAPHOBIA SOCIETY

This on-going evaluation aims to assess the impact of face-to-face counselling and telephone counselling on individuals who present with anxiety related disorders.





# Caring About Staff

Praxis Care Group is growing rapidly. The average number of employees during the current year amounted to 735 compared to an annual average of 634 in the previous year. Praxis Care Group is one of the major employers in Northern Ireland and is growing steadily in other parts of the UK and Ireland.

Praxis Care Group acknowledges that the quality of its services is directly

dependent on staff and a hearty thanks goes to those staff delivering an excellent service to Praxis' clients but also to all of the background support staff who assist and guide our front line staff to enable them to deliver this high standard of service.

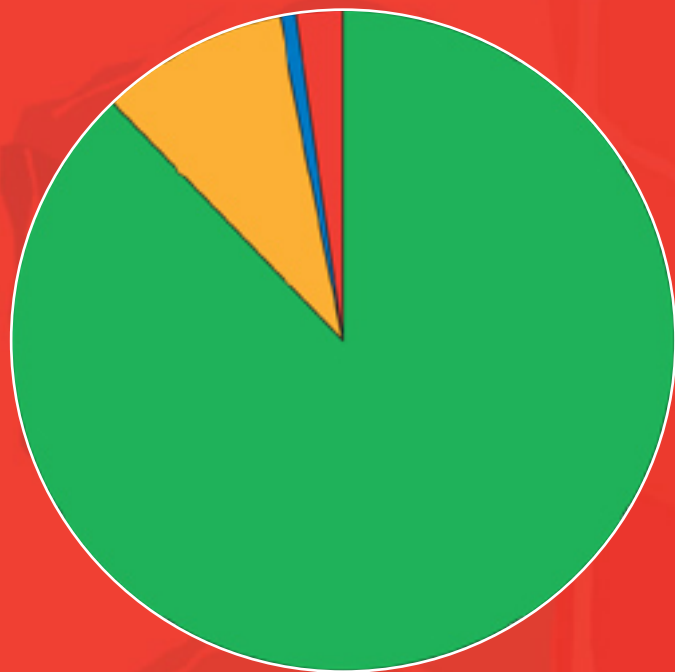
## Caring About Volunteering

Praxis Care Group's Befriending Service continues to provide support for people who are socially isolated as a result of mental illness or learning disability. The scheme provides friendship and support for upwards of 120 people in Belfast, Antrim, L'Derry, Lurgan/Portadown, Newtownards, Magherafelt and the Isle of Man.

Not only do volunteers meet with their friends individually but regular social events are organised by the schemes to enable all volunteers and friends to meet for support and to increase their social networks.

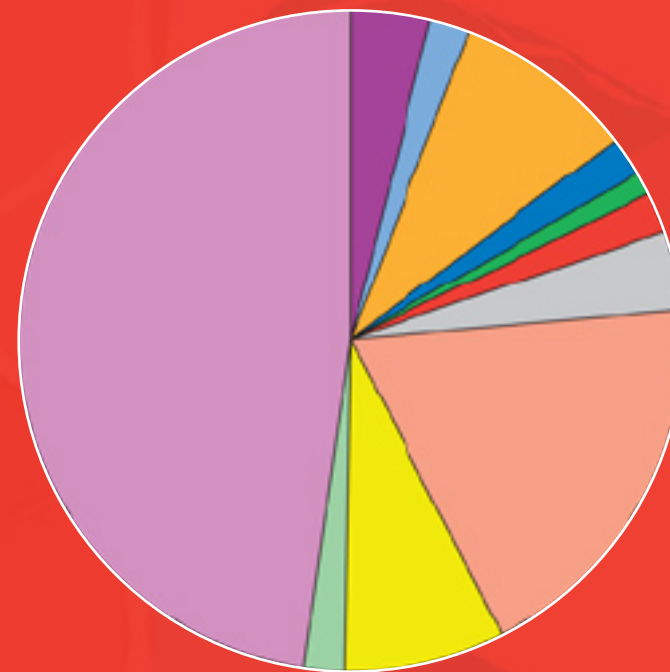


## Expenditure Year Ended 31 March 2006



- 88% Service Delivery
- 9% Management & Administration
- 2% Training of Staff etc
- 1% Research & Service Quality Assessment

## Income Year Ended 31 March 2006



- 47% Health Trusts
- 19% Supporting People Funding
- 9% DHSS
- 8% Regional Councils
- 4% Housing Benefit
- 4% Health Boards
- 2% Client Benefits
- 2% EU Grants
- 2% Service Users' Funding
- 2% Other Grants
- 1% Fundraising & Charitable Activities

### SUMMARY ACCOUNTS

The Directors approved the full statutory accounts on 16th November 2006. They, together with this annual report, will be sent to the Registrar of Companies. The accounts have been audited by BDO Stoy Hayward, Registered Auditors, and received an unqualified opinion. These summarised accounts may not contain sufficient information to allow for a full understanding of the financial affairs of the charity. They are extracted from the annual accounts and these, including the auditor's report and the Directors annual report, are available from Praxis Care Group central offices.