

Beechwood has been helping people into recovery from alcohol or drugs since 1991. Falling under CrossReach's service area of substance use and funded by the Local Authority, Beechwood House has been an integral part of the overall strategy within Highland to provide services for individuals with problematic substance use.

Beechwood House is situated within its own grounds, located next to Raigmore Hospital and within a short walk to local amenities.

### For your comfort

We provide you with:

- A safe, comfortable environment, which is free from alcohol and drugs
- Private en suite room
- Large Residents lounge with cooking facilities
- TV Room
- We provide nutritious food to aid your recovery and then help you build on your own cooking and budgeting skills
- Laundry Facilities

We believe you can build a future free from the things that held you back. We'll help you find what you are good at and show you how to use all the things you have learned to enjoy your recovery. Take your first step and contact us today.

**Call 01463 711335**

# CROSSREACH

Care you can put your faith in

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### 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 so 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.

### Beechwood House

69/71 Old Perth Road  
Inverness  
IV2 3JH

Tel: 01463 711335  
Email: [beechwood@crossreach.org.uk](mailto:beechwood@crossreach.org.uk)  
<http://www.crossreach.org.uk/RRS>



[crossreach.org.uk/beechwoodhouse](http://crossreach.org.uk/beechwoodhouse)



The Church of Scotland

Social Care Council

Operating as CrossReach, Scottish Charity No: SC011353

### Beechwood House

## Information Brochure



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# Recovery is a journey we take together.

At Beechwood House, we understand that it can be a difficult and anxious time when you make the first step towards recovery.

Staff are available 24hrs a day, 7 days a week to support you through every aspect of your journey, from the initial contact and assessment phase through to commencing your support.

We will help you to choose a programme that is right for you, based on your needs and aspirations.

Beechwood has a supportive, skilled and knowledgeable staff team. You will be assigned an experienced key worker to work with you on your own individual recovery plan including a Recovery exit plan implemented before discharge.

## Beechwood Programmes

If you decide to we are the right service for you, the next step is a referral (usually completed by your Health or Social Care worker). We will arrange an assessment to make sure we understand your aspirations and support needs.

### We offer

- 2 – 14 week programme
- Community Outreach Support
- 3 month aftercare support following completion of long programme

### What's in it for you

- Living alcohol and drug free
- Finding coping strategies to manage abstinence
- Finding confidence and own self worth
- Feeling part of society
- Regaining control over own life
- Reconnecting with loved ones
- Links to other health professionals
- Filling your time in ways that help you develop (e.g. volunteering, training, employment, hobbies)

"I actually feel human again,  
I feel my journey is just starting"

"I arrived here withdrawn and  
isolated. I leave feeling confident"

"Loved being here.  
Lovely staff and service users.  
10-out-of-10 for everything".

"We found that staff engaged with  
people who experienced care in  
a warm and respectful manner.

The service had established a  
culture where people experienced  
compassion, dignity and respect"

**Care Inspectorate, November 2019**

"Staff have all helped me so much  
individually in different ways,  
cannot thank them enough"

