



Come and focus on wellbeing and recovery in a welcoming and supportive atmosphere.

Bus routes: Orbiter, 44 Shirley/Westmoreland, 7 Halswell/Queenspark.



Wellness respite provides a retreat-like environment away from everyday life. It is available for people experiencing emotional and mental distress to use as part of their wellbeing and recovery plan.

GPs, (Health Coaches and H.I.Ps), and CDHB Case Managers can refer people for respite (maximum of 28 days a year) to:

- Support mental wellbeing
- Take time out of the city away from busy lives
- Enjoy relaxing views
- Get hands on in the garden
- Start a craft project or do some art
- Enjoy walks on the hills
- Enjoy kitchen time and the congenial company of others
- Learn wellbeing and recovery skills including through our online Recovery College
- Gain insight and wisdom from other guests on their wellbeing journey and from our staff trained in Intentional Peer Support.



Facilities include:

- Guest internet and phone
- Spa bath
- Art room
- Comfortable double beds
- Quiet spaces
- Sensory space



People usually come in and leave on a Monday or a Friday so that they can experience a stay with the same group of people. However, we can accommodate people coming in or leaving on different days as the need arises.





## Penruddock House in Westmorland, Christchurch

### Wellness Respite (planned)

Tranquil, quiet, calm and relaxing  
A mental wellbeing retreat

Stepping Stone Trust's new planned respite location, Penruddock House at 60 Penruddock Rise in Westmorland, is now accepting referrals and bookings for wellness respite guests.



A warm and welcoming environment with six bedrooms above Christchurch with stunning views of the city and mountains and sky.



**Contact us to make a booking**

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