



### Peer Support Model

Penruddock House works with a peer support approach called Intentional Peer Support (IPS), a community development model focused on wellbeing within relationships.

Intentional Peer Support focuses on connections between people and open conversations about how we get along together, moving towards how we want life to be and sharing our varied perspectives on wellbeing so that we learn from one another.

Penruddock House has a group-stay approach with a light programme of activities people can engage in. These include online recovery college workshops, gardening, walks and art. We also run educational sessions on healthy lifestyle choices including diet, sleep, the role of exercise, etc.



## Community Mental Health Recovery Services

### Stepping Stone Trust

### Wellness Respite - planned - Penruddock House



Tranquil, quiet, calm, relaxing, a mental health wellbeing retreat.

A warm and welcoming environment with six bedrooms, on the hills with stunning views of the city, mountains and sky.



[www.stepstone.org.nz](http://www.stepstone.org.nz)



Our new planned respite, Penruddock House, is now accepting referrals and bookings for wellness respite guests.

Contact us to make a booking for 60 Penruddock Rise, Westmorland

P: 03 339 6120 M: 027 4127 757

E: [arespite2@stepstone.org.nz](mailto:arespite2@stepstone.org.nz)



### Bus routes:

- The Orbiter
- 44 Shirley / Westmoreland
- 7 Halswell / Queenspark.



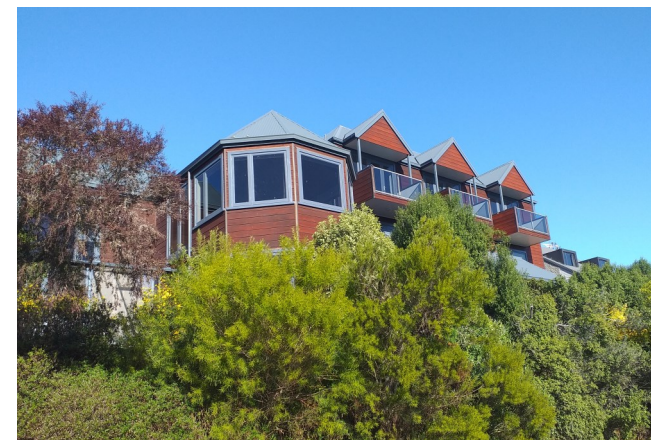
Come and focus on wellbeing and recovery in a welcoming and supportive atmosphere.

Wellness respite provides a retreat-like environment away from everyday life. It is available for people maintaining or enhancing their recovery journey around issues of mental distress. It is intended to be used as part of their wellbeing and recovery plan. Please note: this is not a crisis service, for crisis unit information please view our website: [www.stepstone.org.nz](http://www.stepstone.org.nz)

**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
- Go walking on the hills
- Enjoy kitchen time with 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.

**Arrive and leave on a Monday or a Friday to experience a stay with the same group of people.**



### Facilities include:

- Guest internet and phone
- Spa bath (1 per stay)
- Art room
- Comfortable double beds
- Quiet spaces
- Please note: not suitable for wheelchairs.

