



We encourage all health and social care professionals to refer people to the Wellbeing House. Self-referrals are also welcomed.



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Scan the QR code to email our Wellbeing House team.

If you'd like this leaflet in an alternative format please get in touch.



# Wellbeing House

## North Somerset



A retreat where people can enhance their mental and emotional wellbeing



May 2025

# Wellbeing House North Somerset

## What is the Wellbeing House?

The Wellbeing House North Somerset is a spacious property in a beautiful, quiet village, where people can stay if they're experiencing low mood or a decline in their wellbeing. The retreat provides a free seven-day respite stay from Monday to Monday for anyone who lives in North Somerset.

We support people to stabilise themselves by providing mental health and wellbeing tools, one-to-one listening support, and weekly activities for those who want to take part. This is not a clinical service and people do not need a medical diagnosis to attend. It's a supportive, restful experience to promote self care and independence. People can return up to four times in a year, should they wish to.

## How does it work?

We offer support to people throughout their stay, with our support workers on hand during office hours. We can help people recognise and develop their own strategies for crisis prevention and management. We provide comprehensive information about other available services, making referrals where appropriate.

## How is it accessed?

To be eligible to stay for seven days – Monday to Monday – free of charge, people must:

- be aged 18 or over at the point of stay
- be a resident of North Somerset or have a GP registered in the area
- have a home to return to after a seven-day stay (14-day stays may be offered, subject to availability)
- not demonstrate crisis behaviours that can put themselves or others staying at risk
- be mindful and respectful of others
- have their own coping strategies and support structures in place, as staff are not on site every day.
- be able to positively benefit from a period of peace, calm and additional support
- be able to share facilities, such as a kitchen and a bathroom (they will have their own lockable bedroom)
- be free from the influence of alcohol or drugs during their stay
- be capable of personal self-care and preparing and cooking their own meals
- be able to manage and take their own medications, or have support in place that can help them with this.

Open plan kitchen and dining area



Gym area to exercise or practise yoga



The modern bedrooms are peaceful giving space to relax



The dining area has beautiful views

