

# Gretton Homes & Consensus Support Services

## A PWS SERVICE IN DUNBLANE



### Clare House - Dunblane Stirlingshire

Clare House opened in June 2009 for 13 adults with Prader-Willi Syndrome (PWS). The home is operated by Gretton Homes, the UK's leading and most experienced provider of PWS services and provides the PWS community in Scotland with a much needed resource. The day to day management of the home is the responsibility of Moyra Logue, formerly the PWSA (UK) Outreach & Development Worker in Scotland.

The 13 bed service incorporates 4 self contained ground floor apartments for those who have the skills to live a more semi-independent lifestyle, they will be supported by staff to build upon and enhance those skills. The home has adopted the highly successful model of care developed by Gretton Homes over many years ensuring that each Service User receives the best possible support delivered by a team of well trained and qualified staff. Clare House is situated in Dunblane, Stirlingshire with excellent transport links from all over Scotland as well as the North of England.



Glen from Dumfries

*"I lived at Gretton Homes in England for over 2 years. I was very happy, made new friends, lost weight but I'm pleased to get back to Scotland to be closer to my family and friends again."*

**For more information  
or to make a referral  
please contact:**

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Glen from Dumfries, a typical example of weight loss and the health benefits of living at Gretton Homes



In August 2006  
22 stone 11lb (144kg)



In April 2010 outside his cottage at Clare House  
13 stone 3lb (83kg)

### What are the other potential benefits of living at Gretton Homes?

#### Potential positive health benefits

- Better weight management
- Improved mobility
- Improved breathing
- Less daytime sleepiness
- Better night time sleep patterns
- Better management of type 2 diabetes
- Less back and joint pain
- Reduced hypertension
- Better general health

#### Potential positive behavioural benefits

- Less mental health problems
- Fewer temper outbursts
- Reduction in food seeking behaviours
- A lessening of food obsessions
- Fewer incidents of stubbornness
- Fewer hoarding of possessions
- Less repetitive questioning
- Reduced skin picking
- Increased level of wellbeing

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