



Chandos Team

We offer an unprecedented array of unique, individualised and Wholistic skills and therapies.

James Dickinson MSc

Head of Treatment

James has a postgraduate qualification in Management Development and Social Responsibility. Prior to this, he completed six years training in Group and Individual Counselling. He is a Tae Kwon Do instructor and holds a Diploma in Outdoor Education. James sits very much at the hub of Chandos, supervising and mentoring staff and keyworkers. He also remains actively involved in leading individual and group sessions.

www.activeconsideration.com

Dean Gustar

Ex Senior Counsellor at Chandos and ARA

He is a Consultant Supervisor to our team and our Locum of choice.

Dean has over 14 years clinical experience in the drug and alcohol treatment sector. He is a Training Clinical Supervisor and Clinician. He has developed and delivered services across the South West. His experience includes residential treatment, day programmes, and specialist alcohol services. He has worked in the public sector, and with high profile clients in an exclusive private setting. He brings a wealth of clinical experience to the team, complemented by his knowledge of managing clinical teams to deliver high quality evidence-based services in a wide range of settings.

His training includes:

- Level 7 Advanced Professional Certificate in Counselling Supervision
- Diploma in Counselling
- FDAP/EDI Level 3 Certificate in Supervisory Management and Leadership

Dr. Jan Melichar BSc, MB BS, MRCPsych, MD

Consultant Psychiatrist

Dr. Jan Melichar BSc, MB BS, MRCPsych, MD is our expert in house Consultant Psychiatrist. His special clinical interests include Drug and/or Alcohol Dependency, difficult to treat Anxiety and Depression, Pain Management and Detoxification. As well as working at Chandos House, he has been a Clinical Senior Lecturer in Psychopharmacology at the University of Bristol Medical School and an Honorary Consultant Psychiatrist in Substance Misuse for the AWP NHS Mental Health Trust. His research interests include Psychopharmacology (the actions of drugs and their effects on mood and behaviour), especially with regard to anxiety, depression and substance misuse. Dr Melichar has always been fascinated by research looking at the role and actions of the drugs used in psychiatry and how they can be improved. His long term interest in the biological basis of psychiatric disorders is balanced by an awareness that successful treatment requires an understanding of the whole person and that every patient is an individual, which resonates perfectly with the ethos at Chandos. His current membership(s) of professional, national and regional bodies include:

Member of the Royal College of Psychiatry
Member of the National Executive of the Addiction Faculty of the Royal College of Psychiatry
Member of the British Association for Psychopharmacology
Member of the European Chemoreception Research Organization

Bob Fisher

Counsellor

MA Cognitive Behavioural Therapy

Bob has 14 years experience working as a Counsellor/Psychological Therapist and has also worked as a Samaritan volunteer for 11 years. He is a registered member of The British Association of Counsellors and Psychotherapist.

As well as working in private practice, he supported young people as a counsellor at Off The Record, Bristol, as well as counselling students at the City of Bristol College. Bob has also spent the last 13 years working at the BDP (Bristol Drug Project) – six of these years as a Senior Practitioner.

He has trained in this field for a period of 6 years. Qualifications include:

Masters Degree in Cognitive Behavioural Therapy

Diploma in Counselling

Certificate in Counselling Skills

Certificate in Counselling Theory

Kathryn Smith

MTI CNHC Registered

Kathryn delivers weekly massage and bodywork sessions with residents. Prior to working as a bodywork therapist, she has worked within various drug, alcohol and mental health projects, on a 1-2-1 basis and with groups. She holds a Certificate in Counselling Skills, and has undertaken further training including Brief Solution Focused Therapy, Motivational Interviewing, and Somatic Trauma Therapy Training (for PTSD). Kathryn is passionate about the many benefits and ways massage can support somebody and how, with different interventions and techniques, people can reconnect with and learn to use their body as a resource even at times of great stress



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Rebecca Hanscombe

Rebecca is the Director of the School of Ecstatic Movement which trains teachers in Ecstatic Awakening Dance. Rebecca has also worked within the criminal justice system, primarily in the Prison Service as a Substance Misuse counsellor and with Dance & Movement Therapies for 15 years. She facilitates weekly Movement & Relaxation group-work & 1-2-1 sessions.

www.EcstaticTranceDance.co.uk

Nico Panigada

Nico is our acupuncturist, who joins us 3 times a week. He has 10 years experience working in the field of substance misuse, for drugs, alcohol, and mental health. He is currently a Trainer in Auricular Acupuncture for Acudetox Plus UK.

www.acudetoxplus.com

Becky Sainsbury

Training, Recreation, Education, Employment and Housing officer. Becky has experience of working for various substance misuse agencies in a range of roles and for the Department of Work and Pensions. Trained in relevant areas and experienced in a wide range of interventions. Becky has a working knowledge of the barriers to services, housing and work that may be faced by clients.

Jo Whiteland

Jo runs Creative Arts Workshops at Chandos house on a weekly basis.

Creative Workshop Themes include:

- Fruit picking and making ice cream
- Designing and making furniture
- Creating Plasticine alter egos
- Making sculptures from white bread
- Dystopian public house signs
- Painting with catapaults

Jo also works at the Bristol Drugs Project and runs a number of art workshops for schools and community groups as well as pursuing her own creative practice.

Chantal Enders

BSc (Hons) LCCH RSHom

Chantal is a Homeopath, registered with The Society of Homeopaths. She studied Psychology at Durham University and then qualified at The Contemporary College of Homeopathy in Bristol. She sees clients on a 3-4 weekly basis. Initial consultations on a one-to-one basis, cover complete medical history (childhood to present day) – remedies can therefore be prescribed for physical manifestations of, for example, fatigue/weakness/tremors, organ support for liver, as well as looking at mental/emotional factors around addiction, leading to, for example, anxiety/anger/mental health issues. Remedies are safe to use alongside other medications.

www.arnicarocks.co.uk

Ruth Quick

Ruth is a Bristol based, BANT certified Nutritional Therapist and Naturopath, dedicated to supporting her clients transform their health. Ruth firmly believes in the healing power of natural, unprocessed whole foods and is passionate about inspiring people to make healthy food simple and delicious. Along side her work at Chandos House, Ruth see's one to one clients at The Family Practice in Bristol. She also runs a food blog where she shares articles, recipes and inspiration for whole and healthful living.

Dave Talbot

Dave is our outdoor sports instructor and a full member of the Association of Mountaineering Instructors. His infectious love of the outdoors helps our clients to overcome mental and physical boundaries by unlocking their potential within. He provides activities in climbing, abseiling, orienteering and more, where all are enabled, whatever their capabilities.

Donna Bales

Of Chew Valley Maintenance is responsible for Health & Safety, Domestic management and the Housekeeping of Chandos House, Donna has an extensive background of working within the care sector and assists in creating the nurturing environment greatly needed by clients.



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David Odell

David has 12 years experience working in the substance misuse field in a variety of roles. He studied at Thames Valley University Faculty of Health and Human Science, where he gained his Drugs & Alcohol National Occupational Standards (DANOS) certificate, focusing on drug trends and interventions and Motivational Interviewing. David is an experienced group facilitator and currently runs the Chandos in-house SMART groups, usually with a resident co-facilitating.

SMART

Self-Management and Recovery Training

SMART is a mutual aid support group with uses self-empowering tools, working to a 4 point programme. The 4 points worked on in the groups are:

- Building and maintaining motivation.
- Living a balanced lifestyle.
- Managing thoughts, feelings and behaviour.
- Coping with urges and cravings.

All Chandos House residents are encouraged to attend 2 community based SMART groups a week and there is an in-house closed SMART group held on Sundays by a trained facilitator.

Residents are also encouraged to complete the on-line SMART training and eventually become group facilitators themselves, though this is of course optional.

Please follow the link below to the SMART website for a comprehensive view of how SMART works.

www.smartrecovery.org.uk

Peter Kramer

Peter is an Artisan baker and founding member of Forest Bakehouse Ltd. He is sharing his passion for real bread, demonstrating baking and cooking techniques at Chandos. He believes that baking and cooking from scratch with wholesome ingredients can be both very satisfying and creative, and does not need to be difficult. He also has a background in organic farming, is a qualified holistic massage therapist and has been practising Ki-Aikido for the last 20 years.

www.mindfulhands.co.uk

Steven Nelson

After serving in the armed forces for 10 years, Steven left to take up instructing first aid, powerboating and sea survival. Steven sees potential in all clients and tries to get the best out of the men both in the house teaching first aid and on the water. He also likes to work on team ethos.

Jonathan Cooksey

LaFit Dip REPS 3 RSA BWY Siv Dip

Johnathan runs weekly NVQ sessions, in health fitness and nutrition, yoga and mindfulness as well as consultations relating to personal health, fitness and nutrition.

Hollie Miles BSc (Hons)

Hollie has recently graduated with a degree in Psychology. Originally starting at Chandos on a volunteering placement, Hollie is now a Support Worker focusing on weekly treatment planning sessions. This involves working through the course handbook in a transformational speaking circle. Hollie has previous experience volunteering in a mental health setting.

Will Smith

Will has 15 years experience as an Art Tutor working in a variety of schools and colleges. For the past 3 years, he has been an Adult Education Tutor working for the WEA at the Carlton Centre in Weston-Super-Mare teaching Beginner's and Intermediate Art Courses.

He runs weekly evening art classes at Chandos House, through the WEA, giving residents an opportunity to produce artworks in a variety of media.

"I believe that these classes have been of great benefit to residents during their time on the treatment programme in a variety of ways. Firstly, through exploring a variety of materials and techniques, individuals have become more aware of avenues for self-expression and developing personal creativity; all of which are valuable in the recovery process and beyond. Secondly, being able to focus on a project and see it through to completion has, I believe, helped individuals with self discipline which is also important to life beyond the programme."

Alongside this, Will also practises his own creativity through painting and drawing both from life and in a studio setting.

Pete Weinstock MSc CQSW Dip Creative Writing for Therapeutic Writing

Pete runs creative writing workshops every 4 weeks. He also runs weekly group work and individual sessions on commitment to recovery and relapse prevention. He provides supervision for the Chandos staff. Pete has been working at BDP for 15 years. He has over 30 years experience in the field of social work, homelessness and housing advice, as well as working with people with drug and alcohol issues and complex support needs.



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Kelly Sealey

Born and bred Bristolian Kelly is the Head Cookery School Tutor at Bordeaux Quay, as well as running her own thriving pop up restaurant 'Pig & Swig'. Kelly's passion for cooking has earned her a brilliant reputation in the industry, and she has worked in many of Bristol's great restaurants, including Flinty Red, Arnolfini, Olive Shed, a spot at the much loved Ethicurean, and a recent stint at the Kitchen Table in London. Kelly's reputation also climbed to a new high since coming second place on Channel 4's 'The Taste', aired in December 2013. She has also been named by the Bristol Post as one of Bristol's Top 101 hidden gems!

Chef Skills / The Course

This course is the perfect way to aspire the cook within. Residents will learn essential practical skills and gain confidence in the kitchen. Over a few structured weeks, they will watch demonstrations, get hands-on with a broad range of foundation level skills, and make from scratch a diverse array of simple and delicious dishes to build up their repertoire.

"I aim to take you up to a level where you feel confident to visit local butchers, fishmongers and greengrocers. Knowing what you can buy to make a fresh wholesome meal at home. I will help you understand flavours, build your confidence with knife skills, teach you how to follow recipes, and give you essential hints and top tips on preparation, planning ahead, time management, and presentation. You will learn in a practical way how to make basic bread, pastry, stocks, soups, sauces and desserts from scratch, discover how to cook with eggs, the basics of preparing and cooking meat and fish, how to make basic fresh pasta and rice dishes, how to make great one-pot dishes and twenty minute meals – plus much, much more."

www.bordeaux-quay.co.uk

twitter.com/PigandSwig

Belinda Faulkes BA (Hons) PTLLS Level 3 RHS Horticulture Level 2

Belinda is both tutor and facilitator of Growing Food Growing Futures: a practical horticulture course where the men whilst learning get muddy, grow veg and enjoy nature. She is a dedicated and driven community focussed professional working in a variety of roles within Community projects. Her main focus is gardening and growing projects promoting environmental, social and therapeutic benefits. As well as ensuring the Chandos residents eat their greens she also has also been known to ply them with healthy cakes and flapjacks!

The main aims of the Growing Food Growing Futures course are:

- To develop knowledge & practical skills for cultivating beds for growing food, herbs & flowers
- To promote awareness and skills in the practice of gardening in an organic, sustainable & wildlife friendly way.
- To provide opportunities for team building and personal development
- To open up the possibilities for progressing to a volunteer role
- To positively benefit the health and well being of the participants
- To offer a safe, healthy and supportive learning environment.

Feed Bristol

Feed Bristol is Avon Wildlife Trust's exciting food growing project on 8 acres of beautiful land buzzing with wildlife in Stapleton. It is a great place to discover how to grow organic food and experience how nature helps us grow. Everyone who gets involved can take away some tasty food.

www.avonwildlifetrust.org.uk/feedbristol

Neil Macsween

Neil is a bespoke personal Trainer & the founder of Rainbow Fitness UK. He is qualified and specializes in medical referral work with special populations. His focus during his sessions three times per week at Chandos, is to motivate each client to activate and increase flexibility & strength in all muscle groups in a safe, controlled and effective way. Neil has been involved with many sports from a young age and has mastery in Judo, ju-jitsu, kick boxing and kung fu.

www.rainbowfitness.org

Nick Broyd Hula Hooping, Circus Skills and Games

Nick has worked with Chandos House for over 2 years delivering sessions, working primarily with hula hooping, more recently expanding this into circus skills and playful, team building games. He seeks to support the group through the use of these non stereotypical activities aiming to increase physical and mental wellbeing of participants.

Sheila Tang

Sheila runs weekly voice work and singing sessions. As well as being emotionally and physically therapeutic, these sessions nurture personal confidence and expression, develop musical skills and provide a forum for fun and laughter. Sheila has been running singing workshops, choirs and singing camps for the last 15 years, as well as being a qualified teacher. She follows the ethics and principles of the Natural Voice Practitioners Network.

www.naturalvoice.net/SheilaTang



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Corrado Totti BSc (Hons)

Corrado offers weekly 1-2-1 of Recovery Management to clients upon completion of their residential treatment, in order to make support available while facing the challenges of re-integration in the community as well as the fluctuations of motivation to maintain change. He also facilitates workshops focusing on communication skills and assertiveness. Corrado adopts Motivational Interviewing and Relapse Prevention in his line of work, while borrowing concepts and techniques from frameworks such as Transactional Analysis and CBT, in which is trained at a Foundation Degree level.

Pippa Ford

Pippa is a HCPC Registered Dramatherapist, providing group and individual therapy at Chandos House. Pippa facilitates a weekly open group session that aims to address group dynamics and to promote healthy group discussion, as well as a weekly Dramatherapy session. Dramatherapy uses creative approaches to facilitate a process of self development and growth by exploring emotive and traumatic material within the safety of story, imagination and creativity. Pippa has 15 years experience in addictions work, and also works as a Dramatherapist in both educational and trauma recovery settings. Pippa's client-centred work draws on a range of disciplines, including psychodynamic and psychodramatic, responding to the client or groups needs and preferred ways of working.

Charlotte Murray

Charlotte runs art sessions at Chandos- including illustrated journal keeping and felt making. She is a tutor for the WEA and teaches occasional part time classes at Bristol School of Art. She spends a lot of time drawing, or staring at things with a view to drawing them, makes books to draw in, etches and makes felt. Charlotte is a great believer in the importance of creativity and aims to share the joy and satisfaction of doing creative things with anyone who is interested. To this end she co-runs the Big Park Draw (a community drawing project in Victoria Park, Bedminster) and is in the process of helping set up an urban sketching group.

Rebecca Lloyd

Rebecca is an off-site teaching specialist delivering the Community Volunteering Qualification. Her expertise in drama, festivals and arts events corresponds with her teaching and she has a phenomenal record for learner progression and success. Her approach includes a range of techniques and the moral imperative.

Bekki Lowe

Bekki is qualified in Learning Development Support Services and Information, Advice and Guidance having worked with various community groups and agencies in supporting roles for 10 years. Bekki now works for City of Bristol College offering 1:1 and group sessions in community venues to discuss education and training options available to individuals including accessing funding for course fee's, travel and childcare, study and learning support and progression options.

Glenn Carmichael

Creative Writing Tutor

Glenn likes teaching the Men at Chandos because he is one of them. He has now been abstinent from drugs for 22 years. During his time in Rehab he was discouraged from writing creatively. He sincerely believes that writing creatively can help heal and feels passionately that other people should be allowed to experience the power of the written and spoken word.

Glenn has been involved in writing and performing for a long time. He was the vocalist in a Rap band called the White Brothers, in the early '80s. In 1989, after the group's demise, he joined with fellow White Bros, Spider Evans to form the Big City Beats, a performance poetry duo.

It was after leaving Rehab that Glenn went to America and witnessed poetry slamming – a form of competitive performance poetry. He brought the format back to Bristol, where the phenomena proved to be a huge success. He hosts slams and takes slam poetry into schools, as well as teaching novel and creative writing to adults. He is a founder member of the S W Collective – a group of spoken-word artist who in 2011 completed a UK tour of 'Flash' a show featuring micro fiction and poetry, and in 2014-15 have been touring the latest production 'Count Me In'. He has had two poetry collections published, 'How Low Can You Go' and 'The Truth is Optional', and co-edited 'The Bristol Slam Poetry Anthology'.

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Matt Gorst

House Ma(i)ntenance

Matt oversees the overall maintenance of Chandos House. From repairing taps, to overhauling entire rooms with his bare hands and an array of power tools.

Matt is a trained furniture maker and Artist; skillsets which are used to great effect when it comes to his provision of inspired solutions around the home.

Elsbeth Waters BA (Hons) Dip NT ND CNM mBANT mAAMET

As a qualified naturopath, nutritionist and EFT practitioner, Elsbeth works holistically to uncover the root causes of illness, taking in all aspects of the clients' physical and mental/emotional wellbeing, past and present. As well as weekly and monthly one-to-one consultations with Chandos House residents, she also does group workshops on all the different factors involved in good physical and mental health, from how to maximise your daily nutritional intake, to how to sleep well, improve oxygenation and support the body's natural repair processes.

www.nourishingsolutions.co.uk

Pat Wood

General Manager of PAL Office Solutions Ltd., sits at the hub of all matters financial concerning Chandos House, from balancesheet to business development.

Pam Fisher

Pam is a Dance movement Psychotherapist. She leads Creative arts therapy sessions – using movement, voice, sound, art and play – to go beyond words – in a person-centred model. Pam has worked as a creative arts therapist for 12+ years with people on the journey from alcohol/substance misuse.

Lesley Dale

WEA - Part-time adult education for everyone Learning Manager for WEA (Workers Educational Association) in Bristol and North Somerset for the last three years and currently setting up courses for residents of Chandos House including Tai Chi, Horticulture, Art, Team Building, Hula Hooping and Calligraphy with more planned for the next year.

"On behalf of the WEA I'd like to say how pleased I am to be able to work with everyone at Chandos House and to be able to offer so many new opportunities for learning."

Jason John

He is our Careers Advisor. He has worked with PTC and LPW/Connexions West. His professional experience in the Recruitment and Careers Industry is ideal in providing valuable advice. He helps our clients with ideas on what they could do with their futures by signposting them to appropriate volunteering opportunities, career options, and training and apprenticeship options. He also assists with CVs, applications, interview techniques and contacts that he has established during his long experience in recruitment, business and volunteering work.



Joyce Dickinson Founder, 1985

Joyce Dickinson Founder of Chandos House Rehab and Holistic Treatment Centre. The late Joyce Dickinson set the standard of care at Chandos House that remains at the forefront of all its activities and ethos to this day. Joyce is the vanguard of all that Chandos House has achieved and its determined quest for excellence within the field of recovery.



Bert Dickinson

Unofficial Head of Treatment

Bert gives the Men of Chandos the opportunity to not speak in a deep voice, and to both give and receive unconditional love, care and attention.