

PHOENIX **X** RAE HOUSE
FUTURES HOUSE
SCOTLAND



OPENING 2025

COMMUNITY MEMBERS GUIDE

Information for people
joining Rae House





WELCOME TO RAE HOUSE

Rae House is Phoenix Futures new registered residential substance use treatment service situated near the picturesque Grampian Mountains.

This service has been developed to meet the needs of people seeking drug and alcohol-free residential treatment in a tranquil therapeutic rural setting.

Rae house is based in a purpose built, modern, spacious accommodation which will be registered with the care inspectorate.

Who we are

As the largest state funded provider of residential rehabilitation in the UK Phoenix Futures are dedicated to helping people, families, and communities recover from drug and alcohol problems. We have learned much as an organisation over the last 50 years and use that wealth of knowledge to create a bright and brilliant new future for those in need of hope today.



THE PROGRAMME

At Rae House we are proud to offer Community Members the opportunity to continue their recovery journey supported by our highly experienced team of staff.

Our dedicated team will offer a structured evidence-based Therapeutic Community model of care in a trauma response environment where social relationships, daily structures and a variety of activities are all deliberately designed to support health and well-being. Engaging in this interdependent form of group living helps people to have a more fulfilling life and achieve their personal goals.

Community Members can be offered treatment programmes of both 3 & 6 month programmes.



TRAUMA RESPONSIVE CARE

We are conscious that many people may have experienced trauma in their lives.

Our model has been developed using evidence and best practice around trauma-informed approaches to care. Staff are trained to recognise and respond sensitively to the effects of trauma.

We are responsive and flexible to the idea that traumatic experiences in the past are contributing to current difficulties and can cause lasting effects on mental, physical, social and emotional well-being. As such, this service has been developed through consultation with people with lived experience ensuring the environment better serves people who have experienced trauma.

Where are we?

We are located near the quiet village of Alford in Aberdeenshire

Find us at AB33 8NU





PLACEMENT COST

This service has been developed in partnership with the Scottish Government and therefore there is no cost to Local Authorities or for the placement at the service until March 2026.

FACILITIES

Based in picturesque grounds near the quiet village of Alford, the service boasts 27 single occupancy rooms with en-suite bathrooms, all designed to high standard with comfort and quality in mind.

These well-designed single occupancy rooms provide privacy and tranquillity to support Community Members recovery journey.

The service also provides a spacious purpose designed annex for groups and activities in addition to comfortable one to one rooms, recreational areas, large dining spaces and a well-equipped gym.

Additionally there is move on accommodation situated onsite in our fully refurbished farm house for those nearing the end of their programme.

The extensive grounds of the service offer beautiful mature gardens with views over the surrounding countryside. The large rural space provides a wonderful setting for our Recovery Through Nature programme which offers Community Members the opportunity to connect with nature through a range of hands-on conservation and horticultural projects in a natural space. Recovery through Nature's strength lies in its capacity to enhance participants' belief in their ability to change, supporting their self-esteem, confidence and mental well-being.



PHOENIX FUTURES SCOTLAND

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