



# CATHERINE

## RADCLIFFE LODGE



### **IN THE EARLY DAYS**

When Catherine moved into Radcliffe Lodge, she was experiencing significant challenges with her mental health and confidence in everyday life. She often found daily routines overwhelming and struggled to believe she could live more independently. New environments and changes to her routine increased her anxiety, which sometimes made it difficult for her to engage with support or recognise her own strengths.

The team at Radcliffe Lodge focused on creating a safe, consistent and supportive environment where Catherine could begin to build trust and feel comfortable at her own pace. By taking time to understand her individual needs, preferences and goals, staff were able to support her in a way that felt reassuring.

### **SUPPORT AND PROGRESS**

Through positive relationships with staff and regular encouragement, Catherine gradually became more confident in managing daily living tasks and engaging in activities that supported her wellbeing.

As her confidence grew, Catherine became more involved in making decisions

### **Catherine's Goals**

- Build confidence in managing daily routines independently
- Develop positive coping strategies for managing anxiety and mental wellbeing
- Increase social engagement and confidence in the community
- Work towards greater independence and future personal aspirations

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*The biggest difference I've noticed since moving here is having more independence, and I've been able to come and go as I please.*

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about her future and began setting personal goals for herself. She developed stronger coping strategies, became more independent in her day-to-day life and increasingly engaged with the support around her in a positive way.

### **CELEBRATING EACH STEP**

Every achievement, no matter how small it first seemed, became an important milestone in Catherine's journey. From developing healthier routines to becoming more confident socially and emotionally, her progress reflected the determination and resilience she showed throughout her time at Radcliffe Lodge.

Staff celebrated these moments alongside Catherine, helping her to recognise just how far she had come. Her journey has been encouraging not only for the team supporting her, but also for others living at the service, showing that progress is possible with patience, encouragement and the right support network.


### **LOOKING TOWARDS THE FUTURE**

Today, Catherine continues to build on the progress she has made and is working towards greater independence and new personal goals. With ongoing support and encouragement, she is developing the confidence to look ahead positively and focus on the future she wants for herself.

Her journey highlights the importance of compassionate, person-centred support and the difference it can make in helping people regain confidence, independence and hope for the future.

For more information regarding our referral process or to discuss life at Radcliffe Lodge:

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