



LAUREN

HOLLY COURT



IN THE EARLY DAYS

Lauren moved into Holly Court on 24 February 2021 after many years of struggling with her mental health. From the age of 14, she had experienced repeated hospital admissions and needed a stable, supportive environment to begin moving forward. When Lauren first arrived, she was living with high levels of anxiety linked to past trauma. She found it difficult to engage with staff and often isolated herself in her flat. At times, Lauren used self-harm as a coping strategy, which meant support needed to be consistent, compassionate, and carefully planned around her needs. Early goals focused on building trust, reducing crisis behaviours, improving daily routines, and helping Lauren feel safe within the service.

SUPPORT AND PROGRESS

With patience and consistency, staff were able to build positive relationships with Lauren and create a foundation of trust.

One key area of support was medication management. Over time, she learned to order, collect, and manage her medication independently with appropriate monitoring. Lauren was also supported to attend weekly therapy sessions. This became an important part of her recovery, helping her recognise when she was struggling and identify healthier ways to cope.

Staff worked alongside Lauren on practical daily living skills, including personal hygiene,

Lauren's Goals

- Manage medication safely and independently
- Build confidence in daily living skills
- Reduce reliance on staff support
- Attend college and work towards becoming a mental health nurse

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With the help of Holly Court, I have now moved out and live independently with my partner - something that would not have been possible without the support I received here. During my time at Holly Court, I have met people who have had such a positive impact on my life and recovery, I will be forever grateful.

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cooking, and creating routine. With encouragement, she became more confident and capable in managing everyday tasks.

Strong communication with her external care team ensured joined-up support, with regular updates, shared planning, and advice when needed.

CELEBRATING EACH STEP

Lauren made significant progress during her time at Holly Court.

She became less reliant on staff support and was able to complete tasks independently, often without prompts. Skills that once felt overwhelming gradually became part of her everyday life.

At first, Lauren found it hard to recognise these achievements, often feeling they were things “everyone does.” Staff helped her understand how meaningful her progress truly was and encouraged her to take pride in each milestone.

Over time, Lauren began to see how far she had come. Her confidence grew, and she became committed to living independently.

Lauren’s journey also had a wider impact within Holly Court. Other people we support saw what was possible through determination and the right support, inspiring them to work towards their own goals.

LOOKING TOWARDS THE FUTURE

Lauren set herself an exciting goal of attending college and working towards becoming a mental health nurse. With support from staff member Deb, she completed her application and began taking steps towards this ambition.

Lauren has now successfully moved on from Holly Court and is living in her own flat in the community. She has stayed in touch with the service, thanking staff for their support and sharing positive updates about her life.

Lauren’s story shows just what can be achieved when someone is supported to believe in themselves.

For more information regarding our referral process or to discuss life at Holly Court:



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