



N Northern
Healthcare

LUCY

MOSS LODGE



IN THE EARLY DAYS

Lucy, 28, moved to Moss Lodge on 31st March 2025 after a long period of inpatient care. She had spent most of her adolescence and early adulthood in hospital settings. The transition into the community brought both hope and anxiety. Lucy wanted independence but felt unsure about leaving familiar structures behind.

On arrival, she presented as well-kempt and engaged, though clearly anxious at times. She was polite, open and keen to make a positive impression. She recognised that change was difficult for her and responded well to reassurance and structure. Creativity, particularly poetry, was an early strength used to express herself.

SUPPORT AND PROGRESS

Her support focused on rebuilding independence and confidence in daily life. Lucy engaged well with structured routines and 1:1 input, even achieving full independence with medication management. This was a significant step in her recovery and autonomy. Lucy also accessed education, attending college for a Level 1 childcare course. She also engaged in church attendance and community activities.

Lucy's Goals

- Remain well in the community without readmission to hospital
- Gain and maintain independence with medication management
- Improve fitness by completing a 5K run
- Progress towards independence, including driving and future employment

“

I have worked through a lot of stuff with the team and they are amazing. I have built good relationships with staff. It's a nice place to be. Thank you for everything that has been put in place to help.

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She took part in wellbeing work, including Couch to 5K, football sessions and regular community outings. Staff supported this gradual exposure to new environments. Lucy also developed emotional insight through reflective sessions, becoming more open about her experiences and mental health over time.

CELEBRATING EACH STEP

Lucy has remained well in the community without returning to hospital, a key and meaningful achievement. Lucy also achieved her goal of owning and caring for a hamster which has supported routine and personal responsibility.

She continues working towards completing a 5K run with staff support. This remains an active and positive goal of hers whilst hitting other goals like managing her medication independently and being discharged from a Community Treatment Order (CTO).


LOOKING TOWARDS THE FUTURE

Lucy wants to learn to drive and gain employment so as to increase her independence and build on her ambition. She also hopes to move into a smaller supported placement when available, as a step towards more independent living. In the longer term, she would like to live in her own flat. She also hopes to build a family life in the future.

Ongoing support will focus on maintaining stability and confidence. Community engagement and keyworker input will remain central. Lucy continues to show motivation for progress and independence, and her goals are clear and forward-focused.

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

 www.northernhealthcare.org.uk

 0161 974 7210

 contact@northernhealthcare.org.uk

