



N Northern
Healthcare

TOM

RADCLIFFE LODGE



IN THE EARLY DAYS

Tom, 37, has a diagnosis of schizophrenia. He was referred to Radcliffe Lodge by Leeds Local Authority, moving in during October 2023 after a long stay in hospital, ready to begin his journey towards independent living. He arrived in good spirits and stayed that way, though the change was significant: after so long in a hospital setting, meeting new people and settling into supported living made him anxious at first. That anxiety didn't last. Tom quickly made friends with other people at the service and built strong working relationships with staff, relationships that shaped everything that followed.

SUPPORT AND PROGRESS

Anxiety has remained something Tom manages from time to time, helped by consistent reassurance from staff, who also supported him early on to get to know the local area. From there, his support plan focused on three goals. He wanted to manage his own medication, and now orders, collects and takes it entirely independently. He wanted to attend his Clozapine clinic appointments alone, and although this took time, he now does so without staff support. He wanted to volunteer, and staff secured him a placement with Cancer Research

Tom's Goals

- Manage his own medication, from ordering to taking it, without support
- Attend his Clozapine clinic appointments independently
- Volunteer in the local community
- Move into his own home and live independently

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When Tom first came to service, he did present with anxiety more than he does now. Going to the Clozapine clinic independently was a huge goal for Tom and also his volunteering work

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CLAIRE BRADLEY, SUPPORT WORKER

UK in a Leeds city centre charity shop; when it closed, they quickly found him a place at another branch nearby, so his volunteering continued without interruption. Tom also has a named Social Worker and Care Co-ordinator who visit regularly and have encouraged him to start bidding on properties, and his wider care team stays closely involved through regular placement reviews.

CELEBRATING EACH STEP

Tom's progress shows in the everyday things he now does without a second thought. He cooks independently, and often cooks for others in the service. He is fully self-medicating, with no staff support needed to order, collect or take his medication, and he attends his Clozapine clinic appointments entirely on his own. He volunteers regularly in a charity shop, goes to the gym a few times a week and takes part in trips both locally and further afield, including to the coast. His doctor has also begun working with the Ministry of Justice to start lifting his restrictions, a clear sign of how far his confidence and independence have grown. Staff describe him as someone with a clear vision for his future, who keeps achieving what he sets out to do.

LOOKING TOWARDS THE FUTURE

Tom is ready for his next step. He's currently bidding on properties in the community and is also considering renting privately. Radcliffe Lodge has given him the foundation, and with his medication managed, his anxiety under control, and a strong support network still around him, Tom is preparing to build an independent life of his own, with his care team continuing to support him every step of the way.

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



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