



**N** Northern  
Healthcare

# ADRIC

## HYDE PARK HOUSE



### IN THE EARLY DAYS

Adric moved into Hyde Park House in 2019 after spending a long period in hospital. He needed the right support to help him rebuild independence and develop daily living skills.

When Adric first arrived, he was struggling with his mental health and found it difficult without routine and structure.

Although nervous about the change, Adric was also excited to begin a more independent chapter of his life. Moving into Hyde Park House gave him the chance to live in a less restrictive environment and focus on personal goals.

Early support centred around building routine, managing wellbeing, maintaining his tenancy, and helping him feel settled.

### SUPPORT AND PROGRESS

Over the past five years, Adric has worked closely with the Hyde Park House team to make steady progress in many areas of life.

Staff supported Adric with his medication each day, helping him understand what each medication was for and building confidence over time. He has now progressed to self-medicating independently.

Practical support was also provided around cleaning, maintaining his tenancy, and weekly flat checks to help him manage his home environment successfully.

### Adric's Goals

- Self-medicate safely and independently
- Pass his practical driving test
- Buy a car
- Move into his own flat in the community

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*Staff are always here to help me and support me where I need it and I would not be where I am if this was not for staff support.*

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Adric was encouraged to pursue personal ambitions too. Staff supported him to apply for his provisional licence, prepare for his theory test, and attend appointments linked to driving lessons.

They also helped him explore volunteering and employment opportunities. Adric now volunteers at Street Kitchen, helping people experiencing homelessness, and also works with the British Heart Foundation.

### **CELEBRATING EACH STEP**

Adric has achieved a number of important milestones during his time at Hyde Park House.

He gained his provisional licence, passed his theory test, and started driving lessons.

Adric also won the Inspiration in Action Award through NHC, recognising the effort he has put into volunteering and personal growth. He has built positive relationships with staff, peers, and family members, while developing lasting friendships within the service.

Another major achievement has been maintaining a healthier lifestyle and moving away from previous substance use, while continuing to focus on wellbeing and independence.

### **LOOKING TOWARDS THE FUTURE**

Adric has clear goals for the future and continues to stay motivated.


He hopes to pass his practical driving test and buy a car, giving him even greater freedom and independence.

He would also like to move into his own place in the community when the time is right.

Alongside this, Adric wants to continue building social connections and living a full, active life. Adric's journey shows how consistency, encouragement, and person-centred support can help someone make meaningful and lasting progress.

For more information regarding our referral process or to discuss life at Hyde Park House:

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