

N Northern
Healthcare

DAVID

MOSS LODGE



IN THE EARLY DAYS

David moved into Moss Lodge on 28 October 2024 following a period of significant mental health challenges, including admissions under Section 2 and Section 3 of the Mental Health Act due to psychosis. The move was intended to support his recovery and help him gradually reconnect with the community.

The transition from hospital was not straightforward, but over time at Moss Lodge, David began to adjust by focusing on his own recovery. Spending time alone in his room became an important coping strategy, providing a sense of safety, space to reflect, and an opportunity to plan for the future.

SUPPORT AND PROGRESS

Following his discharge, David demonstrated a strong commitment to his recovery. He adhered to his medication and engaged positively with the Early Intervention Team, taking practical steps to improve his mental health and rebuild his independence.

Although his journey included both highs and lows, David showed resilience, discipline, and determination throughout. Despite being diagnosed with ADHD and awaiting further support, he challenged himself to pursue new opportunities.

David's Goals

- Retake his GCSEs to achieve a grade C or above
- Work towards joining the police by 2030 as part of his long-term ambition
- Move into his own home and live independently
- Return to full-time employment and build long-term stability

“

It definitely has been a hard journey, and I worked very hard and was very hard on myself trying to push myself to the limits and digging myself out of the hole I was in, but I managed to come out on top. Moss Lodge has given me a safe place to feel at home.

”

In the second half of 2025, he enrolled in and successfully completed his SIA Door Supervisor course, passing first time despite initial concerns. He also completed online training, further evidencing his ability to stay focused and committed.

CELEBRATING EACH STEP

David's progress can be seen through a number of meaningful milestones. By December 2025, he had saved enough money to apply for his Security Licence and began working weekends as a Door Supervisor, an achievement he had not previously thought possible at this stage.

He also addressed issues with his driving licence and, by February 2026, was back on the road. These steps marked significant progress towards greater independence and confidence.

Throughout this time, Moss Lodge has provided a consistent and safe environment, particularly important given David's previous experiences of feeling unsafe in his own accommodation. The availability of 24/7 support has offered reassurance as he continued to move forward.

LOOKING TOWARDS THE FUTURE


David is now focused on building on his progress. His next goal is to retake his GCSEs and achieve a grade C or above, opening up further opportunities.

Looking ahead, he aspires to join the police by 2030, a long-standing ambition, and is working steadily towards this. He also hopes to move into his own home and return to full-time employment.

David's journey reflects resilience, self-discipline, and a clear sense of direction, with strong foundations now in place for the future.

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

