



N Northern
Healthcare

JENNY

MONTGOMERY HOUSE



IN THE EARLY DAYS

Jenny, 37, has been supported at Montgomery House since 2019. Following an 11-month hospital admission, she returned to the service, a place she already knew well and felt comfortable calling home.

Jenny lives with Paranoid Schizophrenia and Emotionally Unstable Personality Disorder. Returning to the community brought mixed emotions. She felt anxious about leaving hospital but also excited to be back in a familiar environment. During this time, Jenny experienced intrusive negative thoughts, low self-esteem, and reduced confidence. To support her transition, care plans were updated in collaboration with hospital teams, ensuring her needs were clearly understood.

SUPPORT AND PROGRESS

At Montgomery House, Jenny received consistent, person-centred support. Staff provided positive listening, especially during times when she felt unsettled or experienced voices.

The team also supported Jenny in developing new coping strategies. Distraction techniques and emotional reassurance helped her manage difficult moments more effectively.

Jenny gradually returned to her volunteering role through a graded approach. She

Jenny's Goals

- Build independence in daily living, including cooking
- Maintain stable mental health
- Return to volunteering
- Take part in activities and group outings

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Being able to have better coping strategies, and having more staff availability than in hospital has helped me live in the community and return to independence.

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also built her confidence in cooking, supporting her independence in daily living. Support has been coordinated with professionals including her consultant psychiatrist and counselling services. This joined-up approach has helped Jenny feel heard, valued, and supported.

CELEBRATING EACH STEP

When Jenny returned, she set clear goals. These included cooking independently, maintaining stable mental health, returning to volunteering, and engaging in activities.

She has now achieved all of these goals. This reflects both her determination and the support around her.

Jenny enjoys attending football and group day trips. Volunteering is especially important to her, where she has built friendships and enjoys socialising with colleagues. Staff reflected, *“I am proud of Jenny for increasing her volunteering. She is attending appointments more independently and has settled back into the service really well.”*


LOOKING TOWARDS THE FUTURE


Jenny continues to look ahead with optimism. Her long-term goal is to live more independently, building on the strong foundations she has developed during her time at Montgomery House.

In the short term, she is working towards reintroducing regular exercise into her routine, with plans to return to the gym as a way to support both her physical and mental wellbeing.

With the continued support of the Montgomery House team and external professionals, Jenny is well positioned to maintain her progress and continue moving forward in her recovery journey, one step at a time.

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

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