



JULIA.

HOLLY COURT

“Holly Court has been very warm and welcoming. Staff support me to achieve my goals. I have a good relationship with all the staff who understand my needs.”

IN THE EARLY DAYS

Julia is 62 and lives with a complex, severe, and enduring mental health condition — schizoaffective disorder, which has proven treatment resistant. Alongside her mental health challenges, Julia also manages COPD and diabetes, both of which have significantly impacted her ability to access the community. In October 2020, Julia moved to Holly Court following a period at Bowmere Hospital. Prior to her hospital admission, she had lived independently.

When Julia first arrived at Holly Court, she appeared confused and found it difficult to settle. She often displayed behaviours that challenged and was initially reluctant to engage with our team or participate in her recovery. She would frequently refuse support, preferring for team members to carry out tasks for her rather than working alongside them to build her skills and confidence.

BUILDING TRUST AND ROUTINE

Over time, Julia developed strong, trusting relationships with the Holly Court team. With patience and consistent support, the team worked closely with her to introduce daily routines and a structured approach to care. This helped Julia gain confidence in herself and her abilities. As a result, she gradually began participating in tasks she once avoided and eventually started completing them independently. From cleaning her flat to collecting her medication and attending appointments on her own, Julia has made significant strides in regaining her autonomy.

Together with the team, Julia set meaningful goals that reflect what matters most to her:

- ✓ Gaining greater independence
- ✓ Working towards moving in with her partner
- ✓ Accessing the community more easily despite physical limitations

CELEBRATING EACH STEP

Julia's journey is marked by a clear progression towards independence. One of her proudest milestones is actively searching for a home she can share with her partner. She meets regularly with representatives from the local authority, reviews housing brochures, and checks Property Pool weekly with the support of staff. These efforts reflect Julia's determination to move forward in her recovery and shape a future that aligns with her hopes.

Despite the challenges posed by COPD, Julia continues to engage with her hobbies, particularly cooking and shopping, with support from the team. The team is also exploring the possibility of a mobility scooter to help Julia access the community more easily and enhance her quality of life.

LOOKING AHEAD

Julia's next step is a significant one: preparing to live with her partner in a more independent setting. With continued support and encouragement, she's well on her way to achieving this goal.

Julia's progress is a testament to her resilience and the power of a compassionate, structured support system. As she prepares for this new chapter, the Holly Court team celebrates everything she has accomplished — and looks forward to what's to come.



Holly Court - Wallasey

Holly Court is a modern apartment building housing 9 self-contained flats each with a bedroom, bathroom, living room and kitchen. The service has excellent access to the local town, amenities and transport links.

The team provide 24/7 support for people with a variety of mental health conditions. The people we support come to us from a number of different pathways; they may need greater 'step down' support following a period in an acute hospital or forensic service. Our experienced team help individuals to achieve their next steps, from everyday tasks such as cooking and budgeting to longer-term goals such as gaining employment and securing housing.



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For more information regarding our referral process or to discuss life at Holly Court:

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