



# KOBE

## MOSS LODGE



### **IN THE EARLY DAYS**

When Kobe first arrived at Moss Lodge, his focus was on stabilising his mental health and beginning a gradual return to everyday life. He had been discharged under a Community Treatment Order, which reflected the level of support needed at that time. Early support centred on building trust, establishing routine, and helping Kobe feel safe enough to engage at his own pace. The approach taken emphasised listening and thoughtful questioning, allowing Kobe to feel heard while encouraging him to reflect on what would support his recovery.

### **SUPPORT AND PROGRESS**

Over time, Kobe began to build on his strengths and engage more consistently with the support around him. One of the most significant developments has been his growing confidence in managing his own wellbeing. A key milestone in this journey has been taking full responsibility for his medication, which he now manages independently. This demonstrates not only consistency and reliability, but also a strong sense of ownership over his recovery. Notably, he has not needed any PRN medication during his time at Moss Lodge.

Kobe has also made steady progress in developing practical life skills. Through activities he enjoys, particularly cooking, he has strengthened his ability to plan, organise, and manage day-to-day tasks.

### **Kobe's Goals**

- Continue to manage his mental health and medication independently.
- Build and maintain positive relationships with family and others.
- Increase his involvement in community, social, and leisure activities.
- Develop further independence in daily living and future work opportunities.

“ *Kobe has demonstrated exceptional commitment. He has actively participated in a range of activities and has consistently been a positive and encouraging presence, supporting and empowering others.* ”

Reconnecting with family has been another meaningful step forward. This has required effort and a willingness to rebuild relationships. His involvement reflects a growing sense of responsibility and a clear desire to maintain positive and supportive connections within his community.

### **CELEBRATING EACH STEP**

Kobe's journey has been marked by a number of important personal achievements. One standout moment was his holiday abroad, which represented a significant step in managing unfamiliar environments and adapting to change. This experience highlighted his ability to regulate his emotions, apply coping strategies, and build trust in himself.

More recently, Kobe achieved something he had been working towards for some time, gaining his driving licence and purchasing his own car. This milestone reflects increased independence, confidence, and a belief in his ability to manage responsibility safely. Having access to his own transport has expanded his opportunities, allowing him greater freedom to stay connected socially and explore leisure or work-related activities.

### **LOOKING TOWARDS THE FUTURE**

Kobe's time at Moss Lodge has been defined by steady, meaningful progress, shaped by his commitment and choices. He continues to benefit from structured support while showing a growing ability to manage his mental health independently and engage with his community.

He is currently on the local housing list and is proactively seeking suitable accommodation, demonstrating his motivation and readiness to take the next step toward greater independence. This reflects his confidence in managing responsibilities and moving towards a stable home of his own.

Kobe's journey highlights both recovery and growth, as he continues to build a positive and independent future at a pace that feels right for him.

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



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