

# LUKE.

## GRAINGER HOUSE

“Since being at Grainger House and having that support I feel like my life has purpose.”

### IN THE EARLY DAYS

Luke is 29 years old and came to Grainger House in December 2019 following a referral from his Care Coordinator, having previously resided at Reaside Clinic, a medium secure forensic service. Luke lives with severe depressive episodes and psychotic syndromes.

Before coming to Grainger House, Luke expressed feeling like he had no hope, determination or guidance. Luke was intimidated by social interactions struggled to form friendships and would often feel overly paranoid about the negatives of building relationships. He felt alone and pressured to not accept he had a mental health diagnosis.

Although Luke had goals he sadly felt like he didn't deserve to achieve them, and this impacted his future outlook and motivation to engage in a recovery programme.

Luke shared his goals with the team, which included:

- ✓ Accessing higher education
- ✓ Pursuing his passion for electronics
- ✓ Understanding his finances
- ✓ Volunteering
- ✓ Living independently
- ✓ Understanding his physical and mental health

### CELEBRATING EACH STEP

Luke is supported by Northern Healthcare's multi-disciplinary team, he engages with our Occupational Therapists and external care professionals such as his CPN, Social Worker and Psychologist.

The team helped Luke to build up communication skills and friendships, supporting him to maintain healthy relationships with peers and family members.

With support, Luke signed up for a college course and is currently studying to become a qualified electrician. He has successfully passed his first year!

Luke has also been supported to schedule/attend appointments, allowing him to gain a greater understanding of physical health concerns.

The team supported Luke with understanding and budgeting his finances, he now prioritises money management and has started to save money towards his future.

Luke now takes time to reflect, identify negative behaviours and act in more positive ways. He utilises coping strategies such as breathing exercises, therapeutic cooking sessions, walking activities and accessing the local gym.

### LOOKING TOWARDS THE FUTURE

Luke is exploring new hobbies and hopes to continue with activities which contribute to his wellbeing and sense of identity, which include attending the gym, participating in arts and crafts and cooking groups and completing his college course.

“With every individual, regardless of mental health diagnosis there are going to be good days and bad days and to see Luke overcome those bad days more independently is such a huge milestone.

We are able to see that the coping strategies, activities and key worker sessions have improved Luke’s confidence, determination and understanding of his mental health.

I am extremely proud of Luke’s progress and his commitment to completing his course, as a Service Manager it is heartwarming to be able to reflect back and see how far Luke has come with the support of the team.”

### GRAINGER HOUSE SERVICE MANAGER

*Names are changed to protect confidentiality.*



Completed his first year of training to become a qualified electrician



Gained a greater understanding of physical health concerns with support from the team



Engages with psychologist and independently manages medication



**Northern  
Healthcare**

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

t: 0161 974 7210

e: [contact@northernhealthcare.org.uk](mailto:contact@northernhealthcare.org.uk)

[www.northernhealthcare.org.uk](http://www.northernhealthcare.org.uk)