



MARILYN.

HELENA'S HOUSE

“Since I have come to Helena’s House, my life is so much happier.” - Marilyn, Resident

IN THE EARLY DAYS

Marilyn joined Helena’s House in May 2019 following a referral from the Knowsley Mental Health Team having struggled with mental health difficulties for several years. She has sadly been admitted to hospital many times throughout her adult life due to her mental health and struggled to maintain a community placement.

Marilyn lives with schizophrenia and would often get frustrated with her symptoms, leading to difficulties managing her anger. Initially Marilyn struggled to regulate her emotions, and this would lead to difficulties in maintaining her independence. She was also reluctant to engage in social situations and struggled in the community. She found daily living activities challenging and had a history of alcohol dependency.

CELEBRATING EACH STEP

Since living at Helena’s House Marilyn has blossomed and her confidence has grown in number of ways. Marilyn is now able to discuss her mental health with support which helps her to cope more effectively. As a result, she can now regulate and manage her symptoms well, even on a bad day she is eager to address any issues and tackle her problems head-on by engaging with staff whenever she identifies she needs to.

Marilyn not only embraces activities of daily living but is the Activity Champion for the service, often encouraging other residents to participate and is regularly the driving force behind new creative activity ideas! She engages in all the essential day-to-day tasks with support and also engages in additional therapeutic activity.

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"I love to write poetry and I now have a typewriter. I write poems for my family and the lovely staff in Helena's."

- Marilyn, Resident

Now Marilyn loves to socialise in the community and often makes new friends whilst she is out shopping. Marilyn participates in activities, she enjoys arts and crafts and writes her own poetry for her family members and the Helena's House team. She also has a new interest in staying fit and healthy, she has significantly reduced her alcohol consumption and the team struggle to keep up, during her Zumba sessions and power walks.

Her substantial progress has boosted her self-esteem and confidence. At the time of writing Marilyn has been residing at Helena's House for 18 months - one of her longest periods without hospital admission, a huge achievement. "Marilyn's sunny personality and zest for life is infectious, she is the life and soul of Helena's House - her journey is truly inspirational." **SERVICE MANAGER, HELENA'S HOUSE**

Please note names have been changed to protect confidentiality.



Manages her own symptoms/ triggers and implements self-coping strategies



Has become Activity Coordinator for the service and encourages other residents to participate



Re-discovered her passion for writing poetry and writes thank you poems for the team



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For more information regarding our referral process or to discuss life at Helena's House

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