

# THOMAS.

## HELENA'S HOUSE

"It's the best thing that happened to me. Since I've been here, I've just been getting better & better."

"Thomas, who lives with paranoid schizophrenia, was initially referred by his Mental Health Social Worker in early 2020 and joined us here at Helena's in April having previously lived in a hostel for the homeless. Thomas was very underweight when he joined us, and it was clear that there was a lack of personal care.

It has only been a short time, but the team here are delighted with Thomas' progress; he has gained weight, is fully compliant with his fortnightly depot, he takes more pride in his appearance and he joins fellow residents in our Friday breakfast club and for Sunday lunch. Now Thomas loves to clean and tends the garden here at Helena's, he is also quite the darts and pool player.

I am so proud of Thomas. He has come a long way and now I am so hopeful for his future."

**HELENA'S HOUSE SERVICE MANAGER**



Is supported by Liverpool's drug and alcohol service and the Helena's team



Has gained weight by following a weight management programme & learning about nutrition



Thomas' new love for gardening has inspired him & he wishes to become Helena's Groundsman



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Healthcare**

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

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