

# USMAN.

## MERCHANTS HOUSE

**“I am hopeful for my future. This is the first time I have been in the community, I love being out of hospital, I love meeting my friends.”**

### IN THE EARLY DAYS

Usman is 29 years old and came to Merchants House in April 2019 following a referral from Leeds CCG. Usman has a diagnosed learning disability, when he first came to the service he was quiet and shy.

Usman's confidence grew following his 12 week transition to Merchants House, as he got to know his fellow residents and members of the team.

The team identified collaborative goals with Usman, based on what was important to him to gain further confidence and independence including:

- ✓ Maintaining a productive daily routine
- ✓ Engaging in hobbies he enjoys
- ✓ Maintaining a healthy and balanced diet
- ✓ Exploring volunteering roles
- ✓ Gaining greater independence
- ✓ Exploring further education

### CELEBRATING EACH STEP

Usman is very engaged with the team and motivated to progress, he has taken many great strides in his recovery journey.

He plays football each week where has met many new friends and he enjoys walking and watching Marvel films. He has also found a love for new activities, cooking is his most recent venture, and he is gaining skills each week with the help of the team.

Usman also met a key goal he set himself; he passed his CBT and managed his budgeting to enable himself to purchase a moped in November 2020!

Following this great achievement, he has set himself a future goal of passing his driving test and he is currently undertaking lessons.

Usman advocates passionately for mental health by sharing his experiences and encourages others to seek help if they are struggling.

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“I wouldn’t be where I am now if I hadn’t been given these opportunities. **With the support, things get better.**”

### LOOKING AHEAD

With the help of the team Usman is exploring volunteering opportunities as he prepares for his next step, moving to his own property. Usman has expressed that he is nervous and excited about this step, but knows the team are always here to support him.

“Usman has shown great determination and motivation to move forwards with his recovery in the community. Usman has been able to acknowledge his care and support needs and engage with his community placement to ensure his needs are met through jointly formulated care plans. Northern Healthcare have committed to a recovery focused model allowing Usman to work towards increased independence.” **USMAN’S SOCIAL WORKER**

*Names are changed to protect confidentiality.*



Studied for and passed his CBT.  
Managed his budgeting to purchase a moped



Enjoys social interactions,  
participates in team sports and visits his friends



Has progressed to no longer need medication and has learnt self coping skills



**Northern  
Healthcare**

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

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