



N Northern
Healthcare

WOL

LIBERTY HOUSE



IN THE EARLY DAYS

Wol Lok is 35 years old and lives with bipolar affective disorder and mild learning difficulties. He moved to Northern Healthcare's Liberty House on 28 October 2024, after time at Montgomery House, one of our 24-hour supported living services that provide 'step-down' support. The move was an important step in Wol's journey towards greater independence while still receiving the support he needs to stay well.

When Wol first arrived at Liberty House, he presented as positive and enthusiastic about the change. He described feeling excited and energetic, although there was also some understandable anxiety about settling into a new environment and building relationships with a new staff team.

Physically, Wol's health was stable, but he lives with diabetes and needed support to make healthier nutritional choices. Another early challenge was communication. Wol's English was limited, which sometimes made it difficult for him to express himself clearly or understand more complex conversations.

SUPPORT AND PROGRESS

From the beginning, staff focused on creating a supportive environment where Wol could feel comfortable, understood and encouraged. Building trust was an important first step, particularly as Wol adjusted to working with a new team.

Staff used patient, creative approaches to support communication. They often explained words carefully, used repetition where helpful, and incorporated visual aids such as pictures to make conversations clearer and more accessible. Over time, this consistent

Wol's Goals

- To attend appointments independently with minimal staff support.
- To continue improving his cooking skills and make healthier choices for his diabetes.
- To develop his English reading and writing skills.
- To secure full-time employment and become more self-reliant in daily life.

“ I am proud of Wol for the progress he makes each day, especially with his English. STAFF MEMBER ”

“ I feel as though I have progressed more with being independent. WOL ”

support helped Wol build confidence in using English and expressing his thoughts more freely.

Health and wellbeing have also been an important focus. Staff worked with Wol to develop better nutritional habits to help manage his diabetes, supporting him to improve his cooking skills and make healthier food choices. This practical guidance has gradually reduced the level of nutritional support he needs.

Wol has also been encouraged to attend appointments more independently. With staff available nearby if needed, he has begun attending some appointments on his own, an important step towards greater self-reliance.

CELEBRATING EACH STEP

Since moving to Liberty House, Wol has made clear and steady progress. His confidence has grown significantly, and he now relies less on staff support in several areas of daily life. One of the most noticeable achievements has been his improvement in English. With regular practice and encouragement from staff, Wol's reading and writing skills have developed considerably. This has strengthened his ability to communicate and participate more fully in everyday activities.

Wol has also embraced opportunities in the community. He enjoys playing football, watching films and volunteering at Radcliffe Borough Football Club. These activities not only provide enjoyment but also help build social connections and a strong sense of routine and purpose.

LOOKING TOWARDS THE FUTURE

Wol continues to set positive goals for the future. He hopes to apply for full-time employment and is interested in enrolling in further English reading and writing courses to continue improving his communication skills. Staff at Liberty House will continue supporting Wol as he works towards these ambitions, ensuring he has the confidence, skills and stability to move forward.

Wol's story highlights how the right environment, patient support and encouragement can empower someone to grow in confidence, develop practical skills and move steadily towards greater independence.

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

 www.northernhealthcare.org.uk

 0161 974 7210

 contact@northernhealthcare.org.uk

