

Waterside Lodge Recovery Centre

Leytonstone, London



Our vision

'People with individual needs living the lives they choose'

Our mission

Through recovery focussed support we encourage and support people with mental health needs to take control of their own lives as much as they can.



Waterside Lodge Recovery Centre has successfully helped many adults with mental health support needs to take more control of their lives. We are passionate about recovery focused, person-centred support.

Waterside Lodge Recovery Centre

It is part of the culture at Waterside Lodge to offer people the opportunity to explore their capabilities and try new things in a spacious and supportive environment.

Individuals are helped to identify goals, reach those goals and, where appropriate, move on to more independent living.



Living at Waterside Lodge

A comfortable property of three connected houses, Waterside Lodge has 16 single-occupancy bedrooms on first and ground floors.



Other facilities include a laundry room and a stair lift between the ground and first floors, while a rear garden enables residents to enjoy the outdoors, participate in gardening and organising and holding barbecues.

This attractive centre has a large communal lounge with adjacent dining room and a well equipped kitchen one spacious wet room with easy-access showering facilities.

Therapy Room

A separate lounge for quiet relaxation, listening to music, manicures, talking therapy and just unwind.



Daily activities

A varied in-house activity programme of social, recreational and daily living skills includes:

- art
- keep fit,
- computer training
- shopping
- budgeting sessions,
- social evenings
- group outings
- themed nights, movie nights, 70s and 80s music and dancing.

A further dining area and teaching kitchen can be used by residents to learn how to prepare their own meals with support from staff.

Activities Room

A bright, open area is available for 1-1 sessions, support planning and various activities including: sewing, knitting, painting and drawing.



We also share resources with local day services and Foundation Trusts offering additional sources of community access.



In addition to our ongoing open door policy for residents to discuss any concerns, we also have quarterly formal Managers Talkback Surgeries.

We also have external therapeutic intervention including 1-1 guitar lessons, musical, talking and garden therapy.



Core support services

- 24 hour support including sleep-in staff, 7 days a week
- 1:1 support packages designed with each person as required
- Individual recovery-focused support and care planning with reviews, agreed with each person and key stakeholders, plus assistance in moving on to more independent living services when appropriate
- Personal care and medication support, where appropriate
- Support to use local community resources and become involved in activities outside the centre and access to support for addictions, counselling and physical health needs
- We recognise that everybody is unique and requires different levels of support. Our sliding scale of costs means that only support that is required is purchased. We are able to offer additional 1:1 hours if required



“I like living here - It is my home and I feel safe there.”
- AK, resident



Waterside Lodge Recovery Centre, Leytonstone London.
Call **0208 539 9443** for more information

Eligibility at Waterside Lodge

To qualify for a place, people must be over 18 years and be known to community mental health services – perhaps with experience of in-patient care in an acute setting.

They will also have a psychotic illness, acute depression or anxiety, or personality disorder, or dual diagnosis (drugs and/or alcohol or learning disability).

In addition, they may also have had contact with the criminal justice system or a residential placement out of the area – this could include secure facilities.

Waterside Lodge implements a strict no smoking policy within the building due to health and safety issues, however there is a smoking shelter in the rear garden for residents to use.

NB People with dementia or whose primary diagnosis is substance misuse will not be eligible for this service.

Costs

Fees are based on assessment of need for each individual. Both spot or block purchasing is considered.

Referrals

To discuss referrals or any aspect of the support offered at Waterside Lodge Recovery Centre, please contact the Service Manager, Collins Mensah, by telephone on:

07718 043152 or by email

watersidereferrals@outlookcare.org.uk

Alternatively please call Central Services on the number below.

Support staff

Trained and experienced staff at Waterside Lodge include: a service manager, clinical lead/adviser, Senior Support Time and Recovery (STR) workers, Support workers, Activity and Recovery co-ordinator.

Comments & Complaints

If you have a comment or a complaint about Outlook Care please contact us on the email and number below.

About Outlook Care

Outlook Care is a not for profit organisation, registered with the Care Quality Commission that has delivered person centred support and care to people since 1990. We are experienced in managing and training staff to help people with a range of needs, fully understanding that each of our customers has their own individual needs and wishes. Customer service is at the heart of the work that we do.

Outlook Care is a registered society under the Co-operative and Community Benefit Societies Act 2014, incorporated on 24th January 1990 and recognised as charitable by HM Revenue & Customs. Registered Society Number 26988R.



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