



**ALTERNATIVE
FUTURES GROUP**

Our Support Services



**Clinical Services
(mental health)**



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Clinical Services (mental health)

There comes a time in many people's lives when we feel we are unable to cope with life and the challenges it brings. Here at Alternative Futures Group we provide individualised packages of support through our Treatment and Recovery Centres to assess, treat, support, assist and accompany people with mental health needs to recover and live active, whole and fulfilling lives in their local communities. We are the second largest not for profit provider of clinical mental health services in the country, and we're committed to providing the highest quality of care and support to help individuals manage a wide range of mental health needs.

We have a variety of Treatment and Recovery Centres located across Merseyside, Greater Manchester, Central Manchester and Cheshire. Each centre is registered as an Independent Hospital and specialises in forensics, therapeutic and psycho social interventions.

Can we support you?

To find out more about mental health support, please get in touch using the contact details on the back page of this brochure.

We are also working with local authorities, families, local community teams and housing associations to provide integrated and consistent recovery pathways in Liverpool, Manchester and Lancashire; delivering a cohesive whole systems, whole lives approach for people with complex mental health needs.

Our aims

Facilitated by a person-centred philosophy our aims are to:

- Enable individuals to self-manage their journey of recovery through a personalised plan of clinical and therapeutic interventions
- Support individuals maximise their potential and therefore enhance recovery
- Put the individual at the centre of decisions about their care, treatment and recovery plans
- Promote independence, privacy and dignity.

The support we provide

Treatment & Recovery Centres

Through dedicated, professionally regulated and competent teams we provide and deliver a personalised plan of support and action that recognises the journey of recovery for individuals and inspires hope to achieve their personal goals and aspirations. The support we offer people ranges from those diagnosed with complex mental health needs along with secondary diagnosis of personality disorder, alcohol dependence, substance misuse and acquired brain injuries.

We support people to:

- Obtain the right treatment to stabilise their condition and keep them safe
- Develop new skills, knowledge and interests so they can get their lives back on track
- Facilitate their support plan with Community Specialists so they can stay well in their local communities
- Facilitate access to social, employment and education services.

On admission to one of our Treatment and Recovery Centres, each individual is supported through a full health and wellbeing assessment. This includes a review of the individuals mental, physical, psychological, social, behavioural, vocational and functional symptoms to define and develop a personalised plan of clinical, therapeutic and development interventions.

We believe that recovery is a hopeful journey of growth and change for people which benefits from a cohesive team approach, drawing on support from families, friends, neighbours, carers, the community and wider social networks, both for their own care and the ongoing development of our services.

Social integration and inclusion are central to providing individuals with the skills needed to live independently in their community. Our support packages include development and support with daily functioning, relationship building, education, independent /supported living, integration into local communities, employment and social/physical activities.

The length of stay depends on the needs and risks of each individual, but varies between 3 months and 2 years.

Our team

To provide the best possible support for people in our Treatment and Recovery Centres we draw on a wide range of expertise including: Registered Nurses, Clinical Managers, Physical Health Practitioners, Advanced Nurse Practitioners, Forensic Specialists, Pharmacists, Physical therapists, Horticulture therapists, Art therapists, Psychologists, Psychiatrists , Peer and Recovery/Support Workers qualified from certificate to Masters doctorate level . We value and encourage people with lived experience of mental health recovery to work at all levels in our teams either as peers, therapists or as professionally regulated healthcare staff.

Access to all of the core and specialist members of the teams above is included within our pricing and is not an extra, indeed it is an integral part of our offer.

Our team are guided through our organisations person centred values to work closely with individuals to ensure the active involvement in their care pathway, inspiring and encouraging individuals to achieve their personal goals and aspirations.

All of our teams are able to offer continuing and consistent support if required within peoples own homes to support the ongoing journey of recovery instead of or after a period of support in one of our Treatment Centres.



Core Services Supporting Mental Health & Recovery Wellbeing

Meadow Park

Rivacre Road
Ellesmere Port
Cheshire
CH66 1LL
Tel: 0151 357 3191

Fir Trees

Fir Trees Street
Wigan
Lancashire
WN3 4TE
Tel: 01942 866 010

Lea Court

30 Hawleys Lane
Dallam, Warrington
Cheshire
WA5 0EZ
Tel: 01925 243 577

Oak Lodge

Foundry Street
Little Lever, Bolton
Lancashire
BL3 1HL
Tel: 01204 439 974

Mill Brook

57 Wastdale Road
Wythenshawe
Manchester
M23 2RX
Tel: 0161 436 7363

Childwall Brook

(Adult Care Home with
Nursing)
30 St. Paschal
Baylon Boulevard
Liverpool
L16 3NY
Tel: 0151 738 0353

Weaver Lodge

Station Road By-pass,
Winsford
Cheshire, CW7 3DT
Tel: 01606 861615

Abbey Court

Ainscough Road,
Birchwood, Warrington
Cheshire
Tel: 01925 854150

Referrals

Referrals to our Treatment and Recovery Centres are made via Clinical Commissioning Groups (CCGs), Care Coordinators, Community Mental Health Teams, Psychiatrists, personally, or by and with other family members.

 0845 0176 744

 mail@alternativefuturesgroup.org.uk

 AlternativeFuturesGroup.org.uk

  AFGsupport

