



Resident's Journey

The journey of a resident through The Lyme Trust can be transformative, providing them with a safe and nurturing environment to rebuild their lives.

1) Referral and Assessment:

The journey begins with a referral from a mental health professional, social worker or community organisation. The Lyme Trust conducts an assessment to determine the individual's needs and suitability.

3) Care Planning:

A key aspect of the journey is the creation of an individual care plan tailored to the resident's specific mental health needs. This plan outlines goals, interventions, and strategies to help the resident stabilise and progress towards independence.

5) Life Skills:

Life skills training is offered to help residents develop essential skills for independent living such as budgeting, cooking and time management. These skills empower residents to take control of their lives and build a foundation for future success.

7) Residential Stability:

The Lyme Trust provides stable housing, ensuring residents have a secure and supportive environment to focus on their recovery. The stability is essential for building confidence and resilience.

9) Continued Support:

Even after transitioning to independent living, The Lyme Trust continues to offer support services to ensure the resident's ongoing success. This may include periodic check-ins, access to resources and assistance in navigating community support systems.

2) Induction:

Once accepted, the resident undergoes an induction process where they are introduced to the staff, the rules of the facility, and the available resources. This helps them acclimatise to their new living situation.

4) Regular Support:

Residents are assigned a fully trained support worker. The development of this important relationship aims to address underlying mental health issues, develop coping skills and promote emotional wellbeing.

6) Social Interaction:

Building social connections is crucial for mental wellbeing. The Lyme Trust organises social activities, outings and peer support groups to help residents connect with others, combat isolation, and foster a sense of belonging.

8) Transition to Independence:

As residents progress in their journey and demonstrate increased independence and stability, The Lyme Trust supports them in transitioning to more independent living arrangements. This could involve moving to supported independent living or securing permanent housing with ongoing support services as needed.

