



CONTACT US

Please see below details on how to contact our Woodlands service.

Phone Us

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E-Mail Us

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Our Website

www.ndirections.co.uk/woodlands

Our Address

13-15 Edmonds Road, Bootle, L20 7AJ



WOODLANDS
SERVICE
BROCHURE

ABOUT WOODLANDS

The team at Woodlands recognise that everyone's journey is unique. We provide a recovery-based approach to support people with mental health problems to live meaningful and satisfying lives.

There is a strong emphasis on supporting individuals with a mental health disorder to achieve their own aspirations and goals. We act as a Recovery and Resettlement unit meaning that the support we provide doesn't just stop at the door. We work to help tenants settle in to the community when they move on from Woodlands.

This approach enables people to achieve their own life goals supporting them to manage their own condition, gain employment, make friends and maintain safe and secure housing of their choice.



**SERVICE MANAGER
HAYLEY LOMAS AND HER TEAM**

Hello, and welcome to our Woodlands service, please find our brochure an informative and enlightened booklet about the services that we provide.

Hayley

ABOUT THE PEOPLE WE SUPPORT

Woodlands supports a different variety of people with varied diagnosis from Schizophrenia to depression, anxiety. We also support individuals with Dual diagnosis. We are a mixed service supporting all genders and identities.

All tenants will have a person-centred approach applied to their support and will be actively involved within their recovery plan and relapse prevention. Our dedicated team will support all tenants with the following

- **Budgeting**
- **Cooking**
- **Laundry**
- **Health and well being**
- **Registering with GP**
- **Assisting tenants to get on the right benefits**
- **Shopping**
- **Cleaning and maintaining their flats**
- **Personal Hygiene**
- **Accompanying tenants to medical appointments when required**
- **Education needs and training or Job support**
- **Sign posting to specialised agencies such as Seans Place.**
- **Social events within Woodlands**
- **Resettlement**

Tenants will usually reside with us for approx. 12+ months and will be supported fully with resettlement either back into the community or further supported services.

Woodlands strives to help tenants reach their goals and learn to live with any on-going condition they may have. Everyone deserves a chance at a recovery and at Woodlands we believe anyone can do it.

WHAT WE DO

Recovery is at the heart of Woodlands in allowing people to have hope and Optimism when living with a long term mental health condition. We strive to provide tenants with the skills and Knowledge that will enable them to see their recovery as a life long journey of growing and learning, with the ability to manage setbacks and celebrate successes.

Woodlands supports individuals who are aged 18 or over, have complex mental health needs, dual diagnosis, histories of trauma, drug and alcohol dependency and social and economic exclusion.



Impacts & Outcomes

Woodlands At a Glance

For 2023

AT A GLANCE



OUR ACTIVITIES

Main activities that we do at Woodlands

What We Offer

Woodlands has excellent facilities which include:

Communal dining and lounge areas

Communal kitchen

Gym, Large private garden area

Laundry facilities

Fully furnished self-contained bedrooms

Close to local amenities

Nearby train station with links to Liverpool and

Southport

We also deliver

We provide:

Recovery based assessment
and plans

Highly trained dedicated staff
team available 24 hours per day

Varied activities programme
and events

Partnerships with local
community groups

Partnership working with
community mental health
services



ABOUT NEW DIRECTIONS

Who We Are

New Directions was established by Sefton Council in 2007 as the first local authority trading company in the country which remains at the forefront of the adult social care sector in the borough and beyond.

Our organisation works with individuals with learning and physical and learning disabilities and older people to live rewarding and fulfilling lives through person-centered support and care. While also providing peace of mind for families and loved ones.

Our team of more than 350 enthusiastic and caring staff provides a wide range of high-quality services for 720 individuals each day across numerous care settings

OUR CORE VALUES



Big Hearted

We are proud of the quality of care, empathy and kindness we offer to the people we support and each other.



Count On Us

We act in a way that you can rely on us to be able to meet the needs of the people we support and each other.



Together As One

We take pride in working as a team to deliver a very person centred service.



People Focused

We recognise the importance of transparency, trust, recognition and development within our workforce.