



life works  
TRANSFORMING LIVES

## Expert addiction and eating disorder treatment

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*Take the first step to recovery*





## A real and lasting difference for everyone we support

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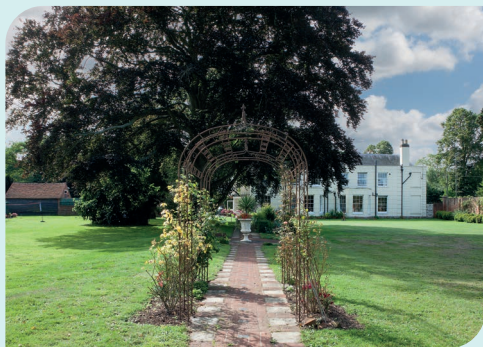
**Life Works is a leading private provider of specialist treatment for eating disorders and addictions, including alcohol, sex and drug addictions. We are also able to treat a range of mental health conditions, including depression, anxiety and stress, when these co-occur alongside a primary addiction or eating disorder diagnosis.**

For more than a decade, Life Works has been helping to improve the wellbeing of each individual that seeks support with us, by using tried and tested treatment methods, delivered by our clinically excellent team. We provide an evidence-based programme that is tailored to individual needs, all structured within National Institute for Health and Care Excellence (NICE) guidelines.

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The skills, experience and empathy of the staff at Life Works, along with other residents having similar experiences and challenges, meant I could start my road to recovery.

FORMER CLIENT AT  
LIFE WORKS



Life Works is part of Priory's nationwide network of treatment providers.

## An environment suited to healing and recovery

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Located within a Grade II listed Georgian manor house in Old Woking, Surrey, our beautiful centre provides a warm, welcoming, 'non-hospital' environment for clients, giving them the very best start to begin the process of recovery. We offer clients:

- + Modern, en-suite bedrooms and relaxing living areas
- + Beautifully landscaped walled gardens
- + Peace and tranquillity with plenty of walking routes to help clients unwind
- + Catering to suit all dietary needs
- + Easy access from Gatwick and Heathrow airports, and the M3 and M25



The Cottage



## The Cottage

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Exclusive to Life Works, The Cottage is a bespoke treatment experience in its own standalone building. It has been designed for those wanting a personalised, one-to-one service, which includes a range of additional treatment options not available in the main residence, The Grange. The Cottage takes only one client at a time and is able to treat mental health concerns as a

## Client profile

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- + Adult (over 18) service only, for both males and females with an eating disorder or addiction, and may have a co-occurring mental health concern
- + Self-paying/private medical insurance (PMI) funded clients only
- + We aren't suitable for patients who are on mental health sections

## Our programmes

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**We offer a range of flexible treatment options for clients, depending on their needs. These include inpatient, day care and outpatient programmes.**

- + Flexibility of treatment duration, including 7, 14, 21, 28, 35 and 42-day programmes for our addiction clients and 28 and 42-day programmes for our eating disorder clients (programmes can be longer if needed)
- + Inclusive family programme for clients who stay for 28 days or more
- + A programme with boundaries, including limited access to technology to ensure outside influences don't hinder progress
- + Treatment that addresses the main and co-occurring conditions at the same time

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They give you the tools, prepare you for beating it. It's been scary, pretty hard but it's been life-changing. I've loved the journey... the change in me has been immense. All the therapists are absolutely amazing; I can't fault the journey that I've been on.

FORMER CLIENT AT  
LIFE WORKS





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I can recognise issues that may result in me feeling angry, frustrated and resentful and take steps to deal with them in a healthy way, instead of turning to alcohol.

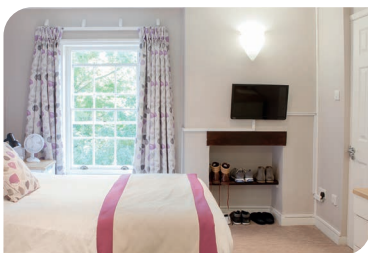
FORMER CLIENT AT  
LIFE WORKS

## Our team

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Our highly specialised multidisciplinary team includes:

- + Consultant psychiatrists
- + Therapists
- + Registered nurses
- + Nutritionist and dietitian
- + Wellbeing practitioners
- + Healthcare assistants



## Wellbeing activities

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Our holistic service includes a full timetable of wellbeing activities:

- + Yoga
- + Mindfulness
- + Shiatsu
- + Massage
- + Basic gym equipment on-site
- + Escorted walks
- + Escorted external recreational visits

## Addiction treatment programme

Our specialist residential addiction service includes expert treatment and therapy for a range of addictions such as:

- + Alcohol
- + Drug (illegal and prescription)
- + Gambling
- + Love and sex
- + Internet and gaming
- + Shopping
- + Work

## Our programme also offers access to:

- + Free addiction assessment
- + 1:1 and group therapy
- + Cognitive behavioural therapy (CBT)
- + A structured relapse prevention programme
- + Free aftercare for 12 months, for clients who stay with us for 28 days or more
- + Drama therapy
- + Somatic movement group
- + Day care and outpatient support at nearby Priory hospitals
- + Support for co-occurring mental health concerns





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My life today is a very different story from before. I know, no matter what happens, I never need to have a drink again. I use the insight I gained at Life Works and the strategies and tools that I learned in treatment, across all aspects of my life, particularly in my relationships.

FORMER CLIENT AT  
LIFE WORKS

## Medically assisted detoxification

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**We are able to offer a comprehensive medically assisted detoxification (detox) process for those with drug or alcohol addictions, if this is required. Our medically assisted process, which takes place in a controlled environment, is the safest and most effective way to detox.**

The structure and length of your detox plan will be guided by the following factors:

- + The seriousness of your withdrawal symptoms
  - + An in-depth evaluation of your overall physical functioning
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During detox, we ensure that our clients receive excellent nutrition, which plays an important role in recovery.

## Family support

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We recognise that the whole family can be impacted by an addiction, so we offer a comprehensive family programme for our clients' loved ones. This includes free family support for 12 months following treatment.



## Eating disorder services

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Our eating disorder programme has been specially developed with leading clinical and therapeutic input and is suited to adults with a body mass index (BMI) of 14.5 and over. The programme couples dietetic interventions with proven therapeutic approaches, providing tailored support for those with:

- + Anorexia nervosa
  - + Bulimia nervosa
  - + Binge eating disorder (BED)
  - + Other specified feeding or eating disorders (OSFED)
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I discovered things about myself, my life and my illness that never even crossed my mind before.

FORMER CLIENT AT  
LIFE WORKS





## Our approach to treatment

Our eating disorder programme utilises one-to-one, group and family therapy to support our clients through their recovery journey towards positive wellbeing. Our robust therapeutic timetable includes:

### Groups that provide practical dietary support:

- + Meal planning and outings
- + Shopping and cooking groups
- + Specific eating disorder psychoeducational groups
- + Exposure therapy

### Therapeutic approaches developed specifically to support eating disorder clients:

- + Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA)
- + Body image groups/acceptance workshops
- + Dance movement psychotherapy groups
- + Psychoeducational groups, such as understanding emotions and relapse prevention

### Access to other proven therapies and groups:

- + CBT informed groups
- + Art informed therapy and mindfulness
- + Access to Anorexics and Bulimics Anonymous (ABA) meetings



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We have created a friendly and nurturing therapeutic environment for our clients to not only recover from their eating disorder, but to learn to thrive and to live happy and healthy lives.

HOSPITAL DIRECTOR

### A free eating disorder assessment

We offer a free eating disorder assessment, which includes dietetic, therapeutic and GP assessments, to better understand each individual's specific requirements and suitability for the programme.

# Information for GPs and healthcare professionals

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**We offer simple and secure processes for referring into Life Works, including:**

1. Our online form via [www.priorygroup.com/gpreferral](http://www.priorygroup.com/gpreferral)
  2. Emailing securely to [priory.referral@nhs.net](mailto:priory.referral@nhs.net)
  3. Calling **01483 745 066**
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Practices are also able to make referrals to Life Works and other Priory sites through their own systems including EMIS Web and SystmOne. We can support with any queries, including integrating your practice systems.

## Referral process overview

1. Choose your preferred referral process – please include the patient’s contact details, along with information on circumstances and medical history
  2. A unique reference number is generated for each enquiry
  3. Our 24/7 support team will co-ordinate the referral with the most appropriate Priory location, who will contact the patient and check appointment availability with the most appropriate specialist
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We are an approved provider for all of the UK’s leading private medical insurers, meaning that patients may be able to access treatment through their policy. We also provide self-pay options for individuals and families, and corporate arrangements for businesses.





## Fees and funding

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We offer personalised and accessibly-priced treatment packages for individuals who are looking to self-pay for treatment.

If you have private medical insurance, a GP referral may be required by your insurer before treatment can commence. Please liaise directly with your insurer to confirm.



Please note, most images in this brochure are stock photography and feature posed models



## Contact us

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**Web: [www.lifeworkscommunity.com](http://www.lifeworkscommunity.com)**

For the most up to date information on our services, please visit our website.



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**PRIORY**  
HEALTHCARE

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