



life works
TRANSFORMING LIVES



Life Works

Life Works is a specialist rehabilitation service offering a market leading addiction programme for private clients. Specially developed with leading clinical and therapeutic input, treatment options are tailored to each individual in our care.

Addiction can result in a number of devastating physical and psychological problems and can have a negative impact on an individual's health, wellbeing and quality of life. Seeking help can be daunting but it is the most important step towards living a healthier and happier life.

Location and environment

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

- + Modern en-suite bedrooms and relaxing living areas
- + Beautifully landscaped walled gardens
- + Peaceful and tranquil location, with options for local outings as a patient group, to enhance the experience
- + Catering to suit all dietary needs
- + Easy access from Gatwick and Heathrow airports, and the M3 and M25

What we can treat

We are able to deliver specialist treatment for the following addictions:

- + Alcohol
- + Drugs
- + Sex and love
- + Gambling
- + Online gaming
- + Misuse of prescription medication

The Cottage

The Cottage is a bespoke treatment experience in its own standalone building, for those wanting a personal one-to-one service. This includes a range of additional treatment options not available in The Grange. The Cottage takes only one client at a time and is able to treat a wider range of conditions, including addictions.



The programme

We are able to provide a range of treatment options, selected according to the level of support that is required. We offer:

- + 28 to 42 day inpatient treatment programmes that provide intensive support (programmes can be longer if needed)
- + A day care programme that enables clients to participate in our robust programme while returning home each evening
- + Outpatient support for those requiring step-down or less intensive support

Clients are able to make flexible appointments with our consultant psychiatrists and therapists

Patient profile

Our programme is able to flex to the specific needs of each individual in our care.

We are able to offer placements for:

- + Adults (both male/female/non-binary)
- + Those with an addiction

Our team

Our highly specialised multidisciplinary team includes:

- + Consultant psychiatrists
- + Therapists
- + Registered Nurses
- + Wellbeing practitioners
- + Healthcare assistants



Our approach

Our programmes utilise one-to-one, group and family therapy to support our clients through their recovery journey and towards positive wellbeing.

Our robust timetable includes therapeutic approaches developed to support addiction clients, which include:

- + Dialectical behaviour therapy (DBT)
- + Psychoeducational groups (such as managing cravings, behaviours and emotions)
- + 12-step informed groups (life story, step 1-3)
- + Relapse prevention planning
- + Cognitive behavioural therapy (CBT)
- + Drama therapy
- + Art informed therapy and mindfulness
- + Access to 12-step fellowship groups
- + Psychotherapy process groups
- + 2-day family programme
- + A free same day addictions assessment

We offer a free addictions assessment to better understand each individual's specific requirements and suitability for the programme

Funding

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

We are also an approved provider for all of the UK's leading private medical insurers. 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.



Enquiries and further information

To find out further information or to make a referral into Life Works, please contact our dedicated 24/7 enquiry team:

Telephone: 01483 745 066

Email: enquiries@lifeworkscommunity.com

Visit: www.lifeworkscommunity.com

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



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HEALTHCARE

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