

# The Priory Hospital Altrincham

Our treatment programmes are tailored to the specific needs of the individual, ensuring the best possible outcomes. We ensure our outpatient, inpatient and day care patients are provided with every resource they need to make a strong recovery and return to a positive way of life.



## Location and environment

The Priory Hospital Altrincham is located in a tranquil part of Cheshire. The striking manor-style house which stands upon beautiful, landscaped grounds provides a peaceful and homely feel to the hospital, delivering the perfect environment for treatment.

- Private, single occupancy bedrooms with en-suite facilities
- Newly refurbished and relaxing living areas
- A restaurant with catering to suit all dietary needs
- Easy access from the regional motorway network and Manchester Airport
- Near both Dunham Massey Hall and park, and the well-appointed village of Hale

## Treatments

The Priory Hospital Altrincham's psychological group-based programmes and individual psychotherapies are specifically designed to treat a wide range of mental health conditions.

Our adult mental health inpatient, day care and outpatient services include:

- A comprehensive and abstinence-based Addiction Treatment Programme (inpatient only)
- Medically supervised detoxification (inpatient only)
- Free addictions assessment
- Cognitive behavioural therapy (CBT) programmes for anxiety and depression
- An obsessive compulsive disorder (OCD) programme
- Eye movement desensitisation reprocessing (EMDR) for post-traumatic stress disorder
- Schema-focused therapy
- Interpersonal psychotherapy
- Dialectical behaviour therapy (DBT)
- Mindfulness
- Art psychotherapy

Our Child and Adolescent Mental Health Services (CAMHS) include:

- Adolescent eating disorder day care service
- Outpatient psychiatric and psychological support for children and adolescents with a wide range of mental health difficulties

## Patient and family support

- AA and other fellowship groups are offered on site or transport is arranged for off-site meetings
- Aftercare for addictions patients for a year after discharge
- Family involvement for addictions patients every Monday evening
- Support group offered for the family members of general psychiatry patients every Thursday evening
- Support group for families of eating disorder day care patients held weekly
- Family therapy offered on a needs basis for our general psychiatry programme and routinely on our eating disorder inpatient unit



## Wellbeing activities

- Menu planning with dietetic advice when indicated
- Multi-faith resources accessible in the local community
- Mindfulness meditation classes
- Relaxation classes
- Guided walks
- Creative art and art therapy for both adults and young people
- Organised recreational quizzes and movie nights
- Escorted trips to a local gym
- A selection of board games, a pool table and a ping pong table

## Specialist team

The specialist team at The Priory Hospital Altrincham has renowned experts in a number of areas, including:

- Dr Mbaya – addictions
- Dr Haslam – depression and anxiety
- Dr Waring – trauma
- Dr Pasterski – mood disorders
- Dr Gowrisunkur – complex presentations
- Dr Jasti – child and adolescent eating disorders
- Dr Sharma – child and adolescent eating disorders
- Dr Karim – older age psychiatry
- Dr Papageorgiou – obsessive compulsive disorders

Multiple languages are spoken including Urdu, Polish and Greek.

## 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.

## Satisfaction outcomes

- 96%** of patients from the Altrincham addictions service would recommend us to a friend
- 99%** of patients from the Altrincham addictions service stated they were treated with respect and dignity during their stay
- 97%** of patients from the Altrincham acute service stated they felt safe during their stay
- 98%** of patients from the Altrincham acute service stated that when they arrived, staff made them feel welcome

## Enquiries and further information

To contact The Priory Hospital Altrincham directly, call **0161 904 0050**. You can also find out more information by visiting **[www.priorygroup.com/altrincham](http://www.priorygroup.com/altrincham)** where you will be able to view a video of the hospital and its services.

Alternatively you can call our 24/7 enquiry line on **0800 840 3219**.

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ALTRINCHAM