



life works
TRANSFORMING LIVES



Life Works

Life Works is a leading private hospital, specialising in treatment for eating disorders and addictions, including alcohol, sex and drug. 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.

Location and environment

Located in Old Woking, Surrey, our beautifully designed rooms within the Grange, a Grade II listed Georgian manor house provides a warm, welcoming environment for clients, giving them the very best start to begin the process of recovery.

- + 20-bed facility with relaxing living areas
- + Beautifully landscaped walled gardens
- + Gym on site
- + Peace and tranquillity with plenty of walking routes to help clients unwind
- + Catering to suit all dietary needs
- + Easy access from Gatwick and Heathrow airport, and the M3 and M25

Treatments

We provide an evidence-based programme that is tailored to individual needs, all structured within NICE guidelines.

Our service is rated 'outstanding' by the CQC.

- + Treatment for a range of conditions including addictions, eating disorder and co-occurring mental health issues
- + Medically assisted withdrawal detoxification (for drug and alcohol addictions)
- + Specialist group therapy programmes using cognitive behavioural therapy (CBT), dialectical behaviour therapy (DBT) and the 12-step programme
- + Flexibility of treatment duration, including 7, 14, 21, 28, 35 and 42-day programmes for our addictions clients and 28 and 42 day programmes for our eating disorder clients (programmes can be longer if needed)
- + Psycho-educational workshops
- + A programme with boundaries, which include limited access to technology to ensure outside influences don't hinder progress
- + Inclusive family programme for those that stay 28 days or more
- + Complementary therapies, including yoga

The Cottage

The Cottage is a bespoke treatment experience in its own standalone building for those wanting a personal 1:1 service, which includes a range of additional treatment options not available in the Grange facility. The Cottage takes only one client at a time.

New eating disorder programme

Our new programme has been specially developed with leading clinical and therapy input and is suited to adults (both male and female) 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) and other specified feeding or eating disorders (OSFED).

Patient profile

- + Adult (over 18) service only - male and female
- + Self-paying/PMI funded clients only
- + We treat the main and co-occurring conditions at the same time
- + We aren't suitable for patients who are on mental health sections

Patient support

- + Range of internal and external fellowship meetings - AA, OA, CODA, SLA, NA etc.
- + Inclusive family programme for those clients staying 28 days or more
- + 24-hour nursing
- + Access to on-site dietitian (for ED patients), private GP and consultant psychiatrist
- + Bespoke exposure work for eating disorder clients
- + Ongoing support after discharge - aftercare is available at nearby Priory sites for our addictions clients and ongoing outpatient and day care support is available for our eating disorder clients

Wellbeing activities

- + Yoga classes
- + Mindfulness classes
- + Shiatsu classes
- + Small gym on site
- + Escorted walks
- + Escorted external recreational visits on Saturdays



Specialist team

The specialist team includes renowned and published experts in their field:

- + Dr Alam - Resident Psychiatrist and Clinical Director for Addictions
- + Dr Flowers and Dr Iles - consultants in the field of addictions and mental health
- + Dr Richards, Dr Feeney and Dr MacFarlane - consultants in the fields of eating disorders, addictions and mental health
- + Steve Clarke - Hospital Director
- + Dave Waller - Lead Therapist eating disorders
- + Robin Clayton - Primary Therapist for addictions and Lead Therapist for sex addiction
- + Jan McMillan - Primary Therapist for addictions and eating disorders
- + Rebecca Jennings - Nutritionist
- + Stefanos Pagonidis - Dietitian
- + Gabriele Malinauskaite - Psychotherapist for eating disorders

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: 0808 291 2712

Email: enquiries@lifeworkscommunity.com

Visit: www.lifeworkscommunity.com



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