

Priory Life Works House

Life Works House in Woking, Surrey, is a 17-bed residential home that's part of the Priory network. It's where we deliver Flourish, our pioneering therapy-led addiction programme, designed to give people tailored support for a wide range of addictions. With a warm, homely feel and a strong community spirit, Life Works House provides a safe place to step away from life's daily stresses. It also forms part of our wider network of residential addiction treatment centres across the UK.

Flourish is our therapy-led programme, delivered by qualified therapists in a non-medical setting. It provides an alternative to hospital-based treatment and is suitable for people who don't need a medical detox or ongoing medical care, but would benefit from structured therapy, peer support and practical tools to build lasting recovery.

The programme is also a service suitable for neurodivergent and high functioning clients, with an adapted recovery model free from rigid group structures and sensory overload. As part of our free addiction assessment, you'll be advised on the most appropriate type of support for your needs. For people who do require a detox, this can be provided at nearby Priory Hospital Woking before beginning the Flourish programme at Life Works House. Transport from Priory Hospital Woking can be arranged to support a smooth transition into the programme.



Location and environment

Life Works House is set within a beautiful Grade II listed Georgian manor house, offering a calm and supportive environment for people in residential treatment. The setting has been carefully chosen to promote comfort, privacy and a sense of wellbeing throughout your stay.

The house includes:

- + Deluxe bedrooms with modern en-suite bathrooms
- + Comfortable shared living spaces designed for relaxation
- + A client lounge with TV and an on-site library
- + Basic gym equipment to support gentle physical activity
- + An on-site kitchen, with all meals included as part of your stay and catering tailored to individual dietary needs

Outside, you'll find:

- + Beautifully landscaped private gardens for quiet reflection and time in nature
- + Access to scenic countryside walking routes
- + Recreational facilities, including badminton, croquet, football and table tennis equipment

Life Works House is located on High Street (A247) in Old Woking, Surrey, just under two miles from Woking town centre. It is easy to reach by public transport, with the number 34 bus stopping nearby at Vicarage Road, or by taxi, with Woking train station around a 10-minute journey away. The service is accessible from a number of surrounding towns, including Guildford, Godalming, Horley and Leatherhead.

Treatments

At Life Works House, treatment is shaped around each individual. Recovery is built through a structured community programme, designed to help people develop the tools, resilience and confidence they need to return to everyday life. We treat a wide range of addictions at Life Works House, including alcohol, drugs, gambling, internet use, gaming, shopping, exercise, pornography and work addiction. Treatment begins with a minimum 14-day stay (Stage 1). If appropriate, you can then choose to continue into Stages 2 and 3, with the length of each stage tailored to your individual needs and recovery goals. Many people complete Stage 1 only and still gain significant benefits from the programme in achieving their recovery goals.

As a therapy-led service, Life Works House offers a more affordable, non-medical alternative to traditional hospital-based treatment. Our experienced therapeutic team is on hand throughout to provide tailored care, while our calm, homely setting creates a safe space for recovery. By blending modern, evidence-based therapies with community support, Life Works House helps residents manage everyday stresses, build accountability, and reduce the risk of relapse well beyond their stay.

- + Therapy-led support, including psychoeducation, group therapy, and innovative approaches, such as exposure work and virtual reality (VR) technologies
- + A focus on resilience, life skills, and building healthy relationships within a supportive community
- + Family involvement, with a 2-day programme for loved ones (for residents staying a minimum of 28 days) and weekly support groups to repair relationships, set boundaries and strengthen relapse prevention strategies
- + Free online aftercare for 12 months, for people who complete a 28-day stay with us

Specialist approaches include:

- + Cognitive behavioural therapy (CBT)
- + Trauma-informed therapy
- + Psychoeducational groups
- + Interpersonal group therapy
- + Understanding relationships
- + Self-care and wellbeing
- + Dialectical Behavior Therapy (DBT)
- + Dramatherapy

Exposure therapy

As part of your programme at Life Works House, you'll also receive innovative exposure therapy, designed to help you face the situations that could trigger cravings, stress or relapse once you leave treatment.

Using advanced immersive VR technology, our specialists can recreate real-life scenarios in a safe and controlled environment – from everyday social settings to high-pressure moments. This approach gives you the chance to practise coping strategies, strengthen resilience and reduce sensitivity to triggers before you experience them in daily life.

By bringing real-world exposure into your programme, we support you to build confidence, lower the risk of relapse and feel fully prepared for lasting recovery.

Wellbeing activities

We also recognise that improving wellbeing plays a large part in facilitating a full and lasting recovery. As such, we provide access to a number of wellbeing activities, enabling you to focus on your mind, body and spirit while you're with us. These include:

- + Fitness classes
- + Community-based trips and activities
- + Relaxation

Where appropriate, you may also be able to bring your pet with you during treatment. Having a familiar companion by your side can support emotional wellbeing, provide comfort and reassurance, and help maintain a sense of routine and home at what can feel like a challenging time.

All pets are subject to a risk assessment. They can be welcomed at the point of admission provided this doesn't impact other clients, such as where there are allergies or a fear of animals.

Enquiries and further information

For further information on Life Works House or our Flourish addiction programme, please contact our dedicated 24/7 enquiry team:

Telephone: 01483 745 066

Email: LifeWorksHouse@priorygroup.com

Visit: www.priorygroup.com/locations/individuals/life-works-house

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

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