



Your guide to

Oswald House

24-hour community-based residential rehabilitation service for females with mental health needs

Oswald House in Lancashire is a specialist residential service offering community-based rehabilitation for women with complex mental health conditions. We support women who may have a history of substance abuse or who have suffered sexual and/or physical abuse. Some of our residents stay with us longer-term whilst others are with us for a short period before moving on to more independent living.

Our service is for women aged 18 years and older who have been diagnosed with a mental health condition such as:

- Bipolar Disorder
- Personality Disorder
- Schizophrenia
- Substance abuse

We support females with challenging and multifaceted mental health and behavioural needs, giving them the opportunity to engage in a thorough programme of mental health and daily living rehabilitation coupled with independent living experiences.

We use a model of care informed by Dialectical Behaviour Therapy (DBT) recommended by the National Institute of health and Care Excellence (NICE) for women with particular diagnoses who have a history of self-harming or suicidal behaviour. Our rehabilitation programmes are delivered in a structured and consistent way so that we can focus on addressing the complex needs that have led to a referral.

Maximising Independence

We are committed to helping those in our care plan for the future and maximise their independence. We empower our residents to exercise choice giving them control over the way their support is provided.

By supporting people to learn new skills and encouraging independent living, we help them to build a satisfying, fulfilling and enjoyable future.

We aim to help individuals improve to a point where they can return to life in the community.

Community Support

We work with our partners in the community to facilitate access to a full range of services to support each individuals goals. Residents benefit from social, occupational and educational opportunities in the community to support transitional rehabilitation.

Access to MDT








Residents at Oswald House have access to our highly-trained multidisciplinary team as appropriate, to develop skills and gain independence in a way that suits them. Therapists and community teams help to build Domestic Activities of Daily Living (DADL) systems into each individuals support plan so they can improve their skills and grow their confidence.

Bespoke Rehabilitation

Our care is built around the needs of each individual. Through our person-centred and evidence-based approach to rehabilitation, we aim to maximise independence and recovery whilst equipping people with the skills to return home or to a supported environment.

About

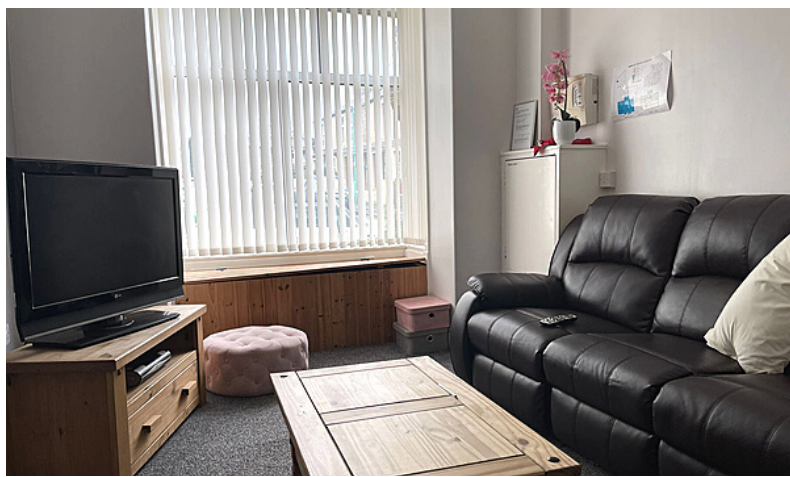
Oswald House

-  9 ensuite bedrooms
-  Access to input from MDT
-  Newly refurbished facilities
-  Communal lounges and kitchen
-  Large garden and outside space
-  Parking available
-  Close to town centre and local amenities

Take a look around

Oswald House

A community-based residential mental health rehabilitation service with 24-hour support



Alexandra's story

Living alone in a flat, Alexandra, 44, struggled with insomnia and depression, managing her own medication and other daily battles. Since living at Oswald House, she has seen drastic improvements in her mental health.

"I like that there's always somebody to talk to here. If I'm feeling down, I can always speak to a member of the team who are always around if any of us ever need help. Before coming here, I wasn't very presentable and struggled to look after myself, but I have made so many positive changes and turned my life around. I'm able to speak up properly for myself, go out on my own, cook for myself and I love feeling independent. I've made lifelong friendships with the other residents - I'll definitely be coming back to visit everyone after I go back into the community."

We're thrilled that Alexandra is now in the final stages of her rehabilitation and we are in the process of arranging a transitional living placement for the next step in her rehabilitation journey.

Alexandra is currently looking forward to moving into her own flat again and reconnecting with her two children. We are so proud of the progress that Alexandra has made and can't wait to support her into the next stage of independent living.



For more information on our services, please visit:
www.activecaregroup.co.uk

Active Care Group is an independent specialist health care provider in the areas of:

- Adult Learning Disabilities
- Adult Mental Health
- Child and Adolescent Mental Health Services (CAMHS)
- Care in the home
- Case Management
- Children's Complex Care
- Neurological Rehabilitation
- Residential Care
- Supported Living Care
- Respiratory and Ventilation

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Oswald House



specialists in care. believers in people.

We're a pioneering national provider of complex care, delivering pathways and better outcomes for people.

We have a collaborative and holistic approach to care, underpinned by proven clinical and therapeutic expertise. We specialise in supporting young people and adults with complex needs to make positive progress and lead happier, more independent lives.

We are a trusted partner to the NHS, commissioning services and local authorities. Our vision is a world where people with the most complex problems are surrounded by the collaborative, holistic and expert care they require and the kindness they deserve, to live a brighter future and their best lives.

Contact Us

Oswald House
12 Oswald Street, Oswaldtwistle,
Accrington BB5 3JF

 01254 231275

Visiting Us

- Located just off the B6234, just 4 miles from the centre of Blackburn and 2 miles from Accrington
- Church and Oswaldtwistle train station is a 3 minute drive away
- 40 miles from Manchester Airport
- Street parking available



Make a referral

Monday to Friday (9.00am - 5.00pm)

 referrals@activecaregroup.co.uk

 01732 779353