Additional 2 bedrooms opening 2025

active care group

Inspected and rated Good
Care Quality Commission

Oswald House, Lancashire

Specialist mental health residential service for adults

Capacity up to 11

Female only

18+ Adults

Residential service

Adult mental health

On-site Multi-Disciplinary Team (MDT)

Oswald House in Accrington, Lancashire, provides residential mental health rehabilitation to females diagnosed with a primary need relating to their mental health condition. The service is ideal for those stepping down from other settings or for those already in the community who require further support to take steps towards independent living.

The residents living at Oswald House benefit from 24-hour on-site support from our skilled staff team and input from our skilled mental health Multi-Disciplinary Team (MDT) including Occupational Therapists, Psychologists, Psychiatrists, Speciality Mental Health Nurses and Activity Co-ordinators.

We work closely with each resident to help build their skill set and help them to be more independent in everyday life. At Oswald House, we are committed to supporting our residents to be independent, confident, and resilient.

We understand that all residents that we support have different needs. As such, our approach promotes both physical and mental well-being goals to optimise a health lifestyle. Working alongside key workers, families, and medical professionals, we ensure that the support that we provide is person-centred. We use the recovery star goal setting framework to identify personal rehabilitation goals. Goals may be in the following areas: community integration, social skills and relationships, self-management of health care needs, finance management, independent living skills, risk management, self-medication, psycho education including risk management, and coping strategies skills.

Every resident has an identified key worker and comprehensive support plan which covers every aspect of their care and support. This takes into account any concerns and issues that may arise and ensures that they are supported to engage in activities of their choice, based around their interests. The team can meet the needs of residents requiring specialist interventions by trained staff, including trauma informed support for those who are victims of sexual assault and domestic abuse. Support also includes management of challenging behaviours, managing substance abuse, positive behavioural support, completing personal care tasks and medication, diabetes and epilepsy management.

Our primary aim is to support residents to a point where they are confident enough to be able to live independently. Personal growth and development is an essential part of our pathways ethos. By encouraging residents to learn new skills, take up hobbies and try out different activities, they feel empowered to be the best that they can be. Residents can gain a more positive outlook about what they can achieve and about their future, as well as be comfortable with themselves and become more integrated into local communities.

The team has developed positive collaborative links with community mental health and learning disability teams, enabling residents to attend community-based specialist support groups. We support residents to attend sessions which empower survivors of abuse and those recovering from addiction. The team facilitates monthly resident and staff meetings to ensure ideas are shared, and every individual feels heard.

We support those with but are not limited to:

- Anxiety disorder
- Bi-polar disorder
- Depression
- Obsessive compulsive disorder (OCD)
- Personality disorder
- Psychosis
- Schizophrenia
- Trauma

Our facilities:

- 11 en-suite bedrooms that residents can personalise based on their preferences
- Communal lounge
- Kitchen/dining room
- Catered and self-catered options tailored to residents' choices and requirements
- Large enclosed garden with summer house
- Shared vehicle for community access
- Activities Champion supporting residents to engage in activities of their choice

Our Multi-Disciplinary Team:

- Service Manager
- Deputy Manager
- Team Leaders
- Psychologist
- Assistant Psychologists
- Occupational Therapist
- Mental Health Nurse
- Support Workers
- Key Workers

Photo gallery:

"I want to praise the night staff for being supportive, inspirational and kind throughout my time at Oswald House."

Former Resident

"We are pleased with the care and support being offered."

Family Member

Make a referral

To make a referral please call 01732 779353 or email referrals@activecaregroup.co.uk

Contact us:

12 Oswald Street
Oswaldtwistle
Accrington
BB5 3JF

Phone number:

01254 231275

ACG0148 - 03/03/2025