

TURNING POINT LEIGH BANK



**TURNING
POINT**
inspired by possibility



About Us

Rehabilitation offers you the opportunity for a fresh start and a new beginning.

Our 16-bed Leigh Bank service located in Oldham provides rehabilitation to males and females aged 18 years or over experiencing drug and alcohol problems. Our service is highly experienced in successfully managing diverse and complex client groups including:

- Individuals who are leaving prison/on probation
- Veterans
- Homeless
- Pregnant Women
- Individuals who experienced trauma or Adverse Childhood Experiences (ACE)
- Dual Diagnosis

Our service provides a safe, supportive and caring environment where you or your loved one have the opportunity to rebuild your lives and to go in the direction towards achieving your goals and ambitions whilst remaining substance-free.

We accept referrals from national statutory services and privately.

I'm not used to people caring about me and it's been weird seeing how much you care but it means a lot.



Recovery Orientated Services – Our Programme

Our programme is delivered over a 12 week period, however it is designed to be flexible and can accommodate a longer stay based on individual need.

Leigh Bank is based on a Therapeutic Community approach (which is a non 12-step program) that is person-centred and asset-based. Our team provides one-to-one support and a comprehensive group work programme to equip you with the skills to live a substance-free life.

Our programme is based on four core service elements:

Stage 1: Pre-hab

- Comprehensive and ongoing needs and risk assessment
- Support prior to placement
- Completion of Pre-hab workbook
- Taster visits
- Home visits (if needed)
- Smart-matched Peer Mentor support

Stage 2: Moving In

- Person-centred risk management plan and recovery plan
- Welcome pack
- Home and local community orientation

Stage 3: Rehab

- Weekly activities timetable comprising of core and optional interventions
- Evidenced-based Psychosocial Interventions including Recovery Skills, Mood Management, and Mindfulness
- Completion of Rehab workbook
- One-to-one key-working sessions
- Weekly community/engagement meeting

- Access to Mutual Aid, Employment, Training and Education (ETE) and other community, social and diversionary activities
- Daily living and independence skills and responsibilities including self-care
- Family visits
- Housing support and resettlement
- Relapse prevention work
- Health and Wellbeing advice and support including smoking cessation, sexual health etc
- Access to Counselling and CBT

Stage 4: Moving On

- Aftercare Plan and Post-Rehab Handbook
- Ex-resident support group
- Access to Turning Point's Accredited Peer Mentor training programme
- Advice on tolerance and overdose risk and provision of Naloxone (non-addictive anti-opioid prescription medication) on discharge
- Aftercare assistance/advice at any point after completion of rehab
- Provision of (minimum) six one-to-one aftercare sessions as agreed with you



What to Expect

An example of a typical week at Leigh Bank is as follows:

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00 - 9.30	Staff Handover	Staff Handover	Staff Handover	Staff Handover	Staff Handover	Meds & Breathalyser	Meds & Breathalyser
9.30 - 10.30	Meds & Breathalyser	Meds & Breathalyser	Meds & Breathalyser	Meds & Breathalyser	Meds & Breathalyser	Therapeutic Duties	Therapeutic Duties
10.30 - 12.00	Monday morning check in & Resident meeting	Mood Management	Mindfulness	Mood Management @ Leigh Bank or APR @ Greaves St	Recovery Skills & Weekend planning		
12.30 - 14.30	Lunch & Shopping	Lunch	Lunch	Lunch & Shopping	Lunch	Lunch	Lunch
12.30 - 13.45	Staff Handover/ Lunch & Admin	Staff Handover/ Lunch & Admin	Staff Handover/ Lunch & Admin	Staff Handover/ Lunch & Admin	Staff Handover/ Lunch & Admin		
14.00 - 15.45	Recovery Skills	Recovery Skills	Free Time	Recovery Skills	1.00 - 2.30 1 to 1's 3.00 - 4.30 Quiz	1 to 1's	1 to 1's
15.45 - 17.00	Staff Handover & Admin	Staff Handover & Admin	Staff Handover & Admin	Staff Handover & Admin	Staff Handover & Admin	Free Time	Free Time
15.45 - 17.00	Free Time	Free Time	Free Time	Free Time	Free Time		
17.00 - 18.00	Evening Meal	Evening Meal	Evening Meal	Evening Meal	Evening Meal	Evening Meal	Evening Meal
18.00 - 19.00	Therapeutic Duties/ Cleaning	Therapeutic Duties/ Cleaning	Therapeutic Duties/ Cleaning	Therapeutic Duties/ Cleaning	Therapeutic Duties/ Cleaning	Free Time	Free Time
19.30 - 21.00	Mutual Aid meeting or homework	Mutual Aid meeting or homework	Mutual Aid meeting or homework	Mutual Aid meeting or homework	Mutual Aid meeting or homework		

Whilst a resident in Leigh Bank, we expect:

- Abstinence
- Commitment to individualised recovery plans
- Engagement in groups
- Participation in communal activities

Facilities and Features

- Access to on-site counselling
- Access to Manchester and Oldham's vibrant recovery communities
- Access to an on-site IT Suite
- A number of en-suite rooms
- Limited Mobility Access and three fully modified ground floor bedrooms
- One-to-one rooms facilitating key working sessions and family visits
- Large group room
- Shared kitchen, laundry and bathroom facilities
- Outdoor communal space and gardens
- Easily accessible from Turing Point's Smithfield Inpatient Detoxification Service which is located less than 5 miles from Leigh Bank
- Free Wi-Fi
- Leigh Bank is staffed 9am-5pm 7 days a week with 24/7 on-call available out of hours



I feel better for finishing rehab – I don't know whether I would have made it otherwise.



Steps to Admission

We work with individuals from across the country, funded through Local Authorities and privately.



1. Referral and Assessment

Upon receipt of referral, a comprehensive assessment will usually be undertaken within one week, however, we are flexible and based on your needs and risks these can be completed, if required, in 24 hours.

Assessments can be carried out over the phone or in person. If you are visiting for a face-to-face assessment you will be given the opportunity to have a tour of the service and meet with staff and residents.

Once the assessment has been completed and placement accepted, we will work with you and your loved ones to discuss individual specific requirements, ensuring these are arranged and are in place prior to your arrival.

2. Funding

Route 1: Community Service Referrals

You, your family member or carer make contact with your local substance misuse community service where the service will support you with the referral process into Leigh Bank.

Part or all of the funding for your stay will be met by the community service provider or local authority depending on the arrangements between them and Leigh Bank Rehab.

Route 2: Private Referrals

You, your family member or carer make contact with Leigh Bank directly.

The full cost of your stay at Leigh Bank will be paid by you, your family member or carer.

3. Moving In

Our friendly and supportive team will show you around, so you can familiarise yourself with the service and local area. You will also be provided with a welcome pack that explains all you need to know about your stay with us.

A person-centred risk management plan and recovery plan will also be jointly developed with you at the start of your stay allowing us to structure support around your individual needs and goals.





FAQ

What should I bring with me?

We suggest that you bring items that you would normally require for day-to-day use, such as toiletries, clothing, and perhaps something that you enjoy doing such as some artwork or books to read.

Please bring your medication with you in the original packaging or pharmacy pre-packed dosset box. Please also bring this booklet with you.

Will I be expected to take part in groups?

We have regular set groups and/or relaxed social activity. We encourage and we have an expectation that you take advantage of them as part of your recovery. Other guests have found it helpful to interact with other people staying at the project.

Am I able to have visitors?

Yes, we understand how important it can be to have a good network of support around you when you are going through difficulties, and we will do our best to facilitate your visitors and work sessions around this.

We do ask that your visitors are with you at all times. Our visiting hours are Monday to Friday 4pm-7pm and Weekends 1pm-7pm. We encourage you to maintain social contact during your stay, including visits from family and friends. To facilitate this we have a visitors policy. A copy of the full policy is available on request.



Thank you for everything – if it wasn't for you lot I'd probably be dead now.

Am I allowed to leave/go out?

As each person is different and at different stages of their recovery journey, we will work with you to produce an individual care plan that will outline your individual support requirements during your stay, including arrangements for you to leave the project. We ask that you let us know in person when you leave and plan to return. You can also make the decision to leave our project, if you feel that it is not right for you. We ask that you speak with us to explore this before any final decisions are made, but the decision remains your own.

Turning Point Residential Services



We also operate an inpatient detox service and another residential rehab service, both located in the North West. The relative geographical proximity of our detoxification and rehabilitation projects makes our offer highly flexible, allowing you to choose a detox and rehab package that brings consistency, continuity and quality as part of your recovery journey.

Residential Rehabilitation

Turning Point also operates Stanfield House, a 10 bed residential rehabilitation service located in Workington, Cumbria providing rehabilitation to males and females aged 18 years or over experiencing drug and alcohol problems.

To find out more information on Stanfield House please access their brochure [here](#).

Our rehab services operate the same therapeutic community approach and core delivery programme however each service has its own distinct characteristics and facilities that support a highly flexible service with a choice of location, facilities and environment that best match your needs.

Detoxification

Turning Point operates a purpose built 22 bed specialist inpatient detoxification service located in Manchester City Centre for adults who wish to address their substance misuse and recovery within a safe and supportive environment.

To find out more information on Smithfield and its treatment options please access their brochure [here](#).

Day-Hab

Our rehab services also offer a 12-week day-hab programme which provides an excellent opportunity for individuals who live in the service's local area, who do not have a need for accommodation or cannot commit to a full residential placement for varying reasons, to experience all of the benefits of our therapeutic community and rehab programme.

Contact Us

Leigh Bank, 14-16 Edward Street, Wernerth, Oldham, Lancashire, OL9 7QW

To make a referral or speak to a member of our Leigh Bank Team:

Call Us: 0161 212 1435

Email Us: ResidentialDetox&Rehab@turning-point.co.uk

Visit Us: wellbeing.turning-point.co.uk/residential

