

Contact details

Please feel free to contact the patients care team or the carer's champions, on the telephone numbers below:

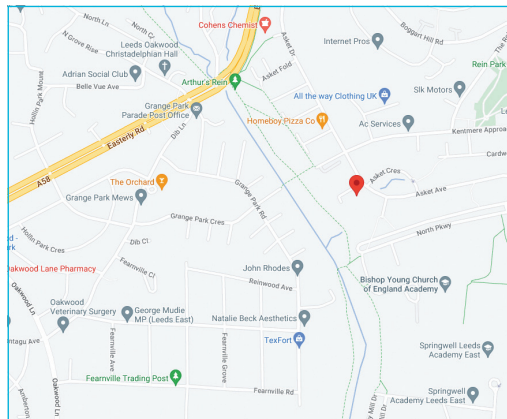
Asket House
Tel: 0113 855 7070

Asket Croft
Tel: 0113 855 6245

Recovery Centre
Tel: 0113 855 7030

MAP to go here

Rehabilitation and Recovery Services
2 Asket Place
Leeds
LS14 1PP
Tel: 0113 855 7030



“
It's a place to get better
and move forward with
your life.
”

“
It has helped me to do
things that I have never
done for my self before,
such as washing and
cooking
”

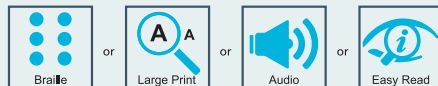
Rehabilitation & Recovery

Information for service users



Would you like this information in an alternative format?

For a translation of this document, an interpreter, a sign language interpretation or a version in:



please contact the Interpretation and Translation Support Team on
0113 85 56418/9 or translation2.lypft@nhs.net



Introduction

Rehabilitation and Recovery Services will support you to live as independently as possible, and ultimately improve your quality of life. We are dedicated to empowering people with mental health needs to be experts in their own recovery.

Rehabilitation and Recovery Services are made up of the following components:

Asket Croft is a 20 bedded supported unit.

Asket House is a 16 bedded independent unit.

Recovery Centre Community Service provides support to people through inpatient care for up to 6 months in the community.

What can you expect from us?

- Work with you to identify shared goals
- Support you working towards and achieving your goals
- Support you through your transition from hospital into the community
- Encourage service user involvement
- Support in building confidence in daily living skills, such as cooking, shopping
- Support you to access services in your community
- Offer a range of groups including the opportunity to run peer led groups
- Support you through your journey and help you to understand what keeps you well

- We are committed to supporting the diverse and individual needs of our service users
- Empower you to manage and improve your mental health and wellbeing
- Support you with stopping smoking and needs associated with alcohol and drugs
- Support you to develop a meaningful structure and routine
- Support with monies, budgeting and accommodation
- Offer support to your family and carers'

What we expect from you

- Take ownership of your recovery
- Engaging in your care
- Accepting lapses/relapses as part of your journey
- Respect for yourself, others and the environment

What next?

- You will be allocated a link worker from the recovery centre
- We will arrange a meeting with your team
- You will be invited to visit
- We would welcome the opinions of your family, friends and carers