

Life Works

Life Works is a leading private hospital, specialising in treatment for alcohol, sex and drug addictions, eating disorders, depression and other mental health conditions. For over 10 years we have been helping to improve the mental wellbeing of individuals by using clinically proven techniques.



Location and environment

Located in Old Woking, Surrey, our beautifully designed rooms within the Grange, a Grade II listed Georgian manor house provides a warm, welcoming environment for clients, giving them the very best start to begin the process of recovery.

- 20-bed facility with relaxing living areas
- Beautifully landscaped walled gardens
- Gym on site
- Peace and tranquillity with plenty of walking routes to help clients unwind
- Catering to suit all dietary needs
- Easy access from Gatwick and Heathrow airport, and the M3 and M25

Treatments

Our unique treatment programmes support the individual needs of our clients to enable a successful return to a more positive life.

We provide a range of aftercare options post discharge as well as an inclusive family programme for those that stay 28 days or more, which has been rated “Outstanding” by the CQC.

- Treatment for a range of conditions including addictions, depression, anxiety, eating disorder and co-occurring behaviours
- Medically assisted detox (for drug and alcohol addictions)
- Specialist group therapy programmes using cognitive behavioural therapy (CBT), dialectical behavior therapy (DBT) and the 12-step programme
- Eating disorder programme offered to men and women over 18 years - BMI of 14.5 and over
- Flexibility of treatment duration, including 7, 14, 21, 28, 35 and 42-day programmes
- Complementary therapies e.g. yoga
- Psycho-educational workshop
- A bounded programme with limited access to technology to ensure outside influences don't hinder progress
- The Cottage - a bespoke treatment experience in its own stand alone building for those wanting a personal 1:1 service, which includes a range of additional treatment options not available in the Grange facility. Takes only one client at a time

Patient profile

- Adult (over 18) service only – male and female
- Private/PMI funded clients only
- We treat the main and co-occurring conditions at the same time
- No patients taken who are on mental health sections

Patient support

- Range of internal and external fellowship meetings – AA, OA, CODA, SLA, NA etc.
- Inclusive family programme for those clients staying 28 days or more
- 24-hour nursing
- Access to on-site dietician, private GP and consultant psychiatrist
- Bespoke aftercare planning and access to free aftercare groups on completion
- Bespoke exposure work for eating disorder clients

Wellbeing activities

- Yoga classes
- Mindfulness classes
- Shiatsu classes
- Small gym on site
- Escorted walks
- Escorted external recreational visits on Saturdays



Specialist team

The specialist team include renowned and published experts in their field:

- Dr Anshul Swami - lead consultant
- Dr MacFarlane, Dr Feeney, Dr Laughlin – visiting consultants in the field of eating disorders, addictions and mood disorders
- Steve Clarke – eating disorder lead and therapy services manager
- Robin Clayton – sex addiction lead therapist
- Jan MacMillan – mood disorder lead therapist
- Rebecca Jennings – dietician

Funding

Priory offers personalised and accessibly-priced treatment packages for individuals who are looking to self-pay for treatment.

We are also an approved provider for all of the UK's leading private medical insurers (PMI). If you have PMI, a GP referral may be required by your insurer before treatment can commence. Please liaise directly with your insurer to confirm.



Enquiries and further information

To contact Lifeworks directly, call **+44 (0)1483 378 239**. You can also find out more information by visiting **www.lifeworkscommunity.com** where you will be able to view a video of the hospital and its services.

Alternatively you can call our 24/7 enquiry line on **0800 840 3219**.

LIFE WORKS
DEDICATED TO RECOVERY