



life works
TRANSFORMING LIVES



Life Works

Life Works is a leading private hospital, specialising in treatment for eating disorders and addictions, including alcohol, sex and drugs. We are also able to treat a range of mental health conditions, including depression, anxiety and stress, when these co-occur alongside a primary addiction or eating disorder diagnosis.

Location and environment

Located in Old Woking, Surrey, our beautiful Grade II listed Georgian manor house, The Grange, provides a warm, welcoming environment for clients, giving them the very best start to begin the process of recovery. We offer:

- + Modern en-suite bedrooms and relaxing living areas
- + Beautifully landscaped walled gardens
- + Peaceful and tranquil location, with options for local outings as a patient group, to enhance the experience
- + Catering to suit all dietary needs
- + Easy access from Gatwick and Heathrow airports, and the M3 and M25

Treatments

We provide an evidence-based programme that is tailored to individual needs, all structured within National Institute for Health and Care Excellence (NICE) guidelines.

- + Treatment for a range of conditions including addictions, eating disorders and co-occurring mental health issues
- + Medically assisted detoxification for drug and alcohol addictions
- + Specialist group therapy programmes using cognitive behavioural therapy (CBT), drama therapy and many others
- + Flexibility of treatment duration for addiction and eating disorder clients, tailored to their needs
- + Psycho-educational workshops
- + A programme with boundaries, which include limited access to technology to ensure outside influences don't hinder progress
- + Inclusive family programme for those that stay for 28 days or more
- + Complementary therapies, including yoga

The Cottage

The Cottage is a bespoke treatment experience in its own standalone building, for those wanting a personal one-to-one service. This includes a range of additional treatment options not available in The Grange. The Cottage takes only one client at a time and is able to treat a wider range of conditions, including depression and anxiety, other mental health disorders and issues such as executive stress.



Eating disorder programme

Our eating disorder programme has been specially developed with leading clinical and therapy input and is suited to adults (both male and female) with a body mass index (BMI) of 14 and over. The programme couples dietetic interventions with proven therapeutic approaches, providing tailored support for those with anorexia nervosa, bulimia nervosa, binge eating disorder (BED) and other specified feeding or eating disorders (OSFED).

Patient profile

- + Adult (over 18) service only – male and female
- + Self-paying/PMI funded clients only
- + We treat the main and co-occurring conditions at the same time
- + We aren't suitable for patients who are detained under the Mental Health Act

Patient support

- + Range of internal and external fellowship meetings, including AA, OA, CODA, SLA, NA etc.
- + Inclusive family programme for clients who stay 28 days or more
- + 24-hour nursing
- + Access to on-site dietitian (for eating disorder clients), private GP and consultant psychiatrist
- + Bespoke exposure work for eating disorder clients

Wellbeing activities

- + Somatic movement classes
- + Mindfulness classes
- + Shiatsu classes
- + Escorted external recreational visits on Saturdays

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. If you have private medical insurance, 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 find out further information or to make a referral into Life Works, please contact our dedicated 24/7 enquiry team:

Telephone: 01483 745 066

Email: enquiries@lifeworkscommunity.com

Visit: www.lifeworkscommunity.com

For the most up to date information on our services, please visit our website.



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PRIORY
HEALTHCARE

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