

The Shardale Group is a family owned company based in the North West of England. Formed in 2010, Shardale has now established as one of the U.K.'s leading providers of substance recovery programmes based on our unique therapeutic community model. Our programme participants are referred both by local authorities from across the U.K. as well as privately funded individuals.

## Therapeutic Communities

# Shardale

Taylor House is located at Lytham St Annes on the Fylde Coast, Lancashire. It is a 38 bed, mixed gender, therapeutic community offering a residential substance misuse treatment programme.



The Shardale Group is also delivering a non-residential rehabilitation treatment programme at our dedicated facility based in Walton-le-Dale. This programme can accommodate up to 20 participants and because of its excellent location it is accessible to anybody who can travel to the facility, we also provide a free minibus collection service for Lancashire clients.



At Shardale we have access to excellent high quality housing, referrals can be made as part of an established aftercare programme prior to any clients finishing their treatment journey.

For all enquiries please make contact with an admissions team member  
Shardale Group 01253 728898  
enquiries@shardales.co.uk  
[www.shardalerehab.co.uk](http://www.shardalerehab.co.uk)





As a socially responsible company, the Shardale Group endeavours to not only provide a supportive treatment programme but also to support individuals to continue their recovery journey post-treatment. This is achieved by participation not only in our own in-house aftercare programme but also through Shardale's support, promotion and engagement with mutual aid fellowship and other community support organisations.

Full programme details can be found at our website [www.shardalerehab.co.uk](http://www.shardalerehab.co.uk)

## Shardale Programme

Shardale offers a personalised treatment programme, enabling participants to make informed treatment choices which best support their own individual recovery journeys. Our approach is based on the philosophy that ultimately it is the individual who is best placed to determine their own recovery needs. However, our experience highlights that in the early stages of treatment most programme participants are unaware of the depth of their recovery needs and also demonstrate a history of poor decision making. The Shardale programme is designed to develop the skills necessary for each participant to begin to make informed choices and after an initial phase of treatment (approximately three months) individuals are encouraged to take on more decision making responsibility for themselves and increasingly contribute to their own personalised recovery journey.

The Shardale therapeutic programme consist of seven core values which are designed to support participants to make positive life choices and function more productively in all aspects of their everyday life. The seven core values are:

1. Realisation and understanding
2. Re-connection and communication
3. Processing and integration
4. Personal responsibility - Choice Theory
5. Building resilience and relapse prevention
6. Re-establishing order and practical everyday living support
7. Consolidation and psycho-educational input

Within each core value there are specific exercises or assignments that evidence progression through the programme. As course participants make improvements in the areas of physical, emotional and psychological health, and with the support of their keyworker, they begin to make informed decisions, progressively developing and adopting their own personalised programme.

In addition to undertaking the 'core value' component of the programme, participants will also attend the psycho-educational sessions that run every evening from 7pm to 8.15pm. These informative and participatory groups are designed to complement the Shardale 'core values' and for the initial phase of the treatment are compulsory.

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## Care Planning and Reviews

Every programme participant will have a person-centred care plan based on identified needs. The development of every care plan is the result of joint-working between the individual concerned and their keyworker. Care plans are reviewed every three weeks. In the later stages of the treatment programme, care plans will be formulated to ensure a successful transition back into the wider community.

# Shardale

## Therapeutic Communities

The care plan is initially developed based on the information received by the Admissions Team during the referral and assessment process. This information is gathered from the referring authorities, community treatment providers and most importantly from the applicant themselves when initially interviewed by a member of the Admissions Team. Where there are mental health professionals involved, care plans will comply with any Care Programme Approach (CPA) directives.

Each programme participant will retain a copy of their agreed care plan which they keep in their personal development log. This enables the person to refer to their current care plan in order to focus on their agreed developmental needs and, as they accumulate further care plans, to reflect on their progress and achievements. Formal reviews are held at regular intervals and will always be more frequent than the six weekly minimum recommendation of the CCQ's essential standards of quality and safety.

## Aftercare Programme

Course participants who complete their treatment programme are strongly encouraged to engage in our aftercare programmes offered at our facility in Walton-le-Dale, Preston. The aftercare programme consists of a weekly meeting of individuals who have completed a Shardale programme. The aftercare meetings are facilitated by a staff member and are designed to reinforce the tools and skills necessary to sustain recovery and to develop their peer support networks in the community. To access the aftercare programme, participants must continue to adhere to an abstinent lifestyle.

In conjunction with the aftercare programme there is opportunity to also undertake voluntary work at the Shardale projects. For some individuals this provides the opportunity for application to become an employee with the Shardale Group.

