



# Acorn Court

1 Market Street, Exeter, Devon, EX1 1BW

**Acorn Court is a development of 16 high quality, self-contained apartments in Exeter, providing accommodation and 24-hour support.**

At SIL, we support and sustain the transition of people severely affected by mental illness, including psychotic, affective and personality disorders, from institutional settings to their own tenancy in the community. This enables people in recovery to live independently while receiving the exact package of support they need.

Additional factors may include: Drug and alcohol issues  
Depression | Anxiety | Physical health and mobility issues  
Mild learning difficulties | Forensic history | Fire-setting history.

Our person-centred recovery support is provided by our core on-site team of Recovery Support Workers, with additional support from our Quality and Practice team of mental health professionals (RMNs, Social Workers and OTs).



To make a referral to Acorn Court, please contact:

**Adam Sutherland, Scheme Manager**

on 01392 437 998 / 07759 523 872

or email [adam.sutherland@sil-uk.com](mailto:adam.sutherland@sil-uk.com).

For life  
**beyond**  
mental illness



## Community connections

Located in the heart of the city, Acorn Court offers easy access to all the amenities of Exeter, such as local swimming pools, cinemas, gyms, restaurants, café's, colleges and Universities.

Acorn Court is located next to Exeter Quay which offers boat rides, paddle boarding and picturesque local walks.

We're only 20 minutes on the train from Exmouth and Dawlish beaches, and also on the doorstep is 'The English Riviera' – the beautiful Torquay coastline, Dartmoor and Exmoor National Parks and all the other beautiful beaches and countryside of Devon

## “ Jack's story

I was in hospital for about five years before finding SIL, going around in the system - just stuck. I've been here for two and a half years now, and the team have been so supportive. There's never any judgement, and always someone around if I need to talk. I'm working towards moving out soon, and starting a course for peer support to help others struggling within the health system.



## Our referrals process

- 1** Call or email us and we'll arrange a suitable time to discuss your enquiry. If we agree our service seems a good fit, we'll send you our referral pack and start gathering all the information we need to complete the referral process.
- 2** Once we've received your completed referral form and background documentation, we'll make arrangements to start our assessment. This will include a scheme visit, discussions with key individuals, and time with the person referred to introduce SIL and understand their views and goals for their recovery support.
- 3** Once we have completed our comprehensive assessment, this will be sent along with costings to the commissioning / case management team for approval.
- 4** Once funding is agreed, we'll match the person with a suitable flat and start the tenancy application process. As soon as the tenancy offer is back, we'll work together with the existing multidisciplinary and care teams to arrange a thorough discharge, and/or a transition plan.

To find out more about SIL  
visit [sil-uk.com](https://sil-uk.com) or email [info@sil-uk.com](mailto:info@sil-uk.com)

**SIL** Specialist mental  
health support