



# The Valley

2-4 Leybourne Avenue, Southampton, SO18 4AS

**The Valley is a development of 11 high quality, self-contained apartments in Southampton, 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 The Valley, please contact:

**Georgia Thompson, Deputy Manager**

on 02382 357970 or email

[georgia.thompson@lifeways.co.uk](mailto:georgia.thompson@lifeways.co.uk)

For life  
**beyond**  
mental illness



## Community connections

The Valley is close to local shops and facilities such as a gym and leisure centre. The local bus route is just a few minutes' walk away. The property is 24 minutes away from Southampton Town Centre which has two universities and a recovery college to enable access to education.

The city has a variety of theatres, museums and art galleries which are all located on the bus route. Marwell Zoo, Itchen Valley Country Park and the New Forest are just over an hour away from the service - great for days out.

## 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](http://sil-uk.com) or email [info@sil-uk.com](mailto:info@sil-uk.com)

**SIL** Specialist mental  
health support