



Southleigh Community Hospital

Supporting men and women
with enduring mental health needs

About Us

Southleigh Community Hospital is a Level 2 rehabilitation hospital supporting men and women with enduring mental health needs, including those stepping down from secure services, acute hospitals or prison settings.

Our rehabilitation programme helps people regain confidence, develop practical life skills and prepare for greater independence through personalised care, multidisciplinary support and community engagement.

Alongside 21 bedrooms, Southleigh also offers six semi-independent apartments, providing the opportunity to develop everyday living skills within a safe and supportive environment.

Every individual follows a personalised programme combining psychological therapies, occupational therapy, social inclusion and positive risk management, enabling them to achieve meaningful recovery and move towards life beyond hospital.

Facilities

Southleigh has been designed to support recovery in a welcoming and therapeutic environment. These facilities enable people to develop practical life skills, improve physical wellbeing and prepare for more independent living.



**Enquiries &
Referrals:**

T: 0330 236 8231
E: referrals@ihcm.co.uk

- Therapeutic kitchen
- Therapy and activity rooms
- Women's only therapeutic and relaxation space
- Garden with cabin for family room and OT activities
- Six semi-independent rehabilitation apartments



Our Approach

Every person receives a personalised care plan developed around their strengths, aspirations and recovery goals. Working collaboratively with service users, families, commissioners and the multidisciplinary team, we provide compassionate, person-centred rehabilitation that promotes confidence, resilience and long-term recovery.

Case Study: Recovery Through Meaningful Employment

Following a successful period of rehabilitation at Southleigh Community Hospital, one former patient has continued their recovery journey by returning to the service as a paid member of staff.

Now employed as the hospital gardener, he plays an important role in maintaining the extensive grounds, taking pride in his work and contributing to the therapeutic environment enjoyed by patients, visitors and colleagues.

His journey demonstrates how specialist rehabilitation can support people to rebuild confidence, develop practical skills and achieve meaningful outcomes, including paid employment. It also reflects Southleigh's commitment to recognising people's strengths and creating opportunities that support long-term recovery and independence.





Southleigh Recovery Pathway

Understanding the Person

- Comprehensive multidisciplinary assessment
- Psychological formulation
- Trauma and attachment-informed understanding
- Collaborative goal setting
- Physical and mental health review
- Building trust and therapeutic relationships

Stabilisation Through Therapeutic Relationships

- Emotional regulation
- Relational security
- Recovery planning
- Psychology-led interventions
- Positive risk management
- Meaningful occupation
- Developing confidence

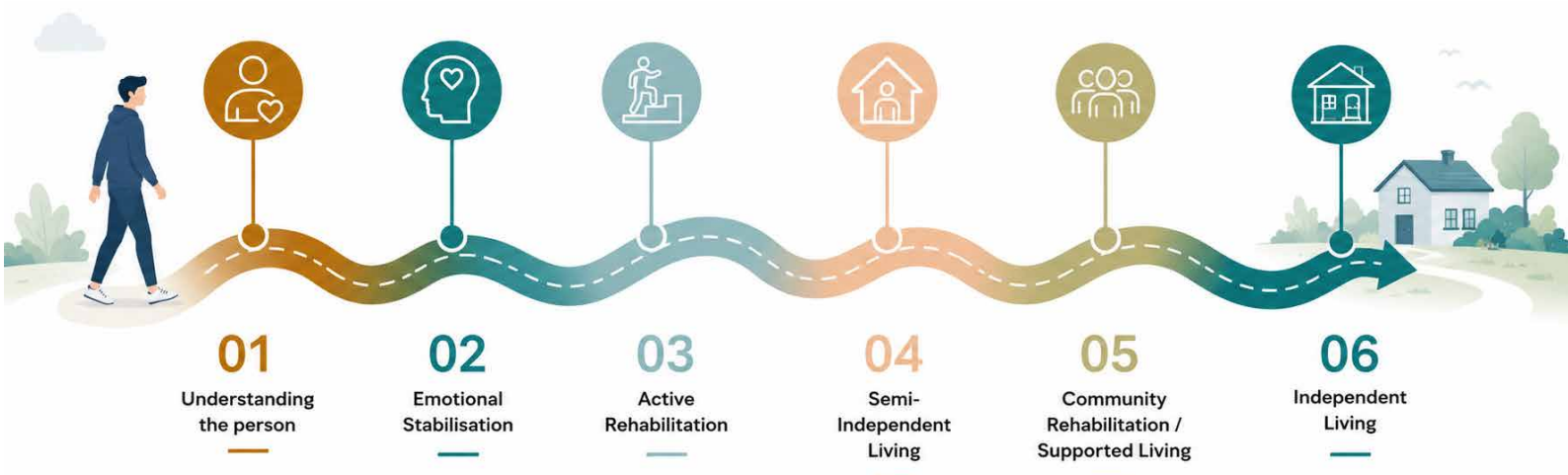
Active Rehabilitation

- Independent living skills
- Community access
- Education and vocational opportunities
- Self-management
- Family work
- Occupational rehabilitation
- Physical wellbeing

Transition and Independence

- Semi-independent apartments
- Community leave
- Discharge planning
- Partnership with community teams
- Gradual reduction in support
- Sustainable recovery

The Pathway



Recovery is supported by an experienced multidisciplinary team working together to provide coordinated, person-centred care.

- Consultant Psychiatrist
- Psychologists
- Nurses
- Occupational Therapists
- Support Workers
- Activity Coordinators

Referrals

We support adults with enduring mental health needs who require longer-term rehabilitation before returning to community living. Many people are referred to us by secure services, acute mental health hospitals or other rehabilitation services. Every referral is carefully assessed to ensure Southleigh are able to provide the most appropriate rehabilitation pathway.

Admission Criteria

- Men and women over 18 stepping down from secure or acute inpatient settings
- People with forensic histories or leaving long hospital stays
- People on a Discharge to Assess or Care, Recovery and Further Development pathways
- People with non-linear recovery journeys requiring a flexible, safe pathway



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Integrated Health
Care Management Group



Integrated Health Care Management Group (IHCM) is a UK-based health and social care management organisation. IHCM operates and manages a network of hospitals, residential care homes and supported living services, providing governance, clinical oversight and strategic leadership across the Group. Individual services are registered and regulated through their respective provider organisations, with IHCM providing the management infrastructure and support to deliver safe, high-quality and compassionate care.

Southleigh Community Hospital

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