



# Mount Lodge

High-support recovery community

**5 Upper Avenue, Eastbourne BN21 3UY**

**01323 411 312**

**mountlodge@cht.org.uk**

**Registered Manager: Holly Moore  
Clinical Lead: Emma Pyle**

**Provider ID: I-101671019**

# CHT

Community Housing & Therapy

**www.cht.org.uk**

## About CHT

Community Housing & Therapy (CHT) communities across the South East provide a home, a supportive community, structured therapeutic support, skills training and social activities for people experiencing severe and complex emotional distress.

We support people with diagnoses such as personality disorder and psychosis, who may also present with co-occurring diagnoses, including eating disorders and substance use.

Our clinical model incorporates Psychologically Informed Environment (PIE) and therapeutic community principles, evidence-based approaches that support recovery.

We create tailored care pathways that consider each person's experiences, aspirations, and needs, allowing residents to progress at their own pace with support from our therapeutic staff.



"CHT has kept me out of hospital the longest I have ever been out of hospital. I was in a secure ward for four years without coming out, and I was at the Priory for two years, and then I came here. I feel safe here."  
CHT resident

### In the first 18 months of placement we see:

**62%** average reduction in incidents

**81%** reduction in mental health hospital admissions

### Last year

**64%** of residents who moved on from our care went to lower support or independent living

**42%** were in education, employment, volunteering or other activities

Mount Lodge is our 15-bed, mixed-gender residential community in Eastbourne, offering a range of on-site facilities, including two comfortable shared lounges and a kitchen, and a large garden with a summer house, sensory space, and outdoor seating.

At Mount Lodge, residents are part of a supportive community built on meaningful relationships and structured therapeutic support where daily interactions, group activities, and community meetings help them reflect, learn and build confidence.

Staff and residents work together to create a consistent environment where everyone can talk about and understand challenges, and gradually build emotional resilience and independence.

- 24-hour support (waking nights)
- Mixed gender
- Adults 18+
- 15 bedrooms
- On-site psychotherapist
- Community social worker
- 1:1 psychotherapy
- 1:1 key work sessions
- Therapeutic programme
- Shared lounge, kitchen, garden and group room spaces
- Psychosocial groups
- Art psychotherapy
- Facilitated reflective space
- Opportunity to join organisational committees
- Resident training opportunities



## Eligibility

We accept referrals for adults 18 and over. Each case is assessed to ensure the person will benefit from a structured, personalised therapeutic programme.

## Referrals

We respond to all enquiries within 24 hours. We offer an initial assessment within 5 working days.

We require the following information for a referral:

- Recent risk assessment
- Care Plan
- Support Plan
- Other information, including a psychiatric report, an occupational therapist's report, or a social circumstances report.

Referral enquiries can be taken by phone on 020 7381 5888, emailed to [referrals@cht.org.uk](mailto:referrals@cht.org.uk), or at [www.cht.org.uk/referrals](http://www.cht.org.uk/referrals)

## Fees and funding

Our placement fees are around half those of NHS inpatient, and less than a quarter of the cost of private provision. Contact us for our latest fee table.

## Registered provider details

Community Housing & Therapy (CHT)

Head office: 21 Lancaster Park,  
Richmond, TW10 6AB  
020 7381 5888  
[co@cht.org.uk](mailto:co@cht.org.uk)

Provider ID: 1-101671019

Mount Lodge is regulated for the Treatment of Disease, Disorder or Injury (TDDI)

Nominated Individual:  
Anthony Jones

Registered charity number:  
1040713

Company number: 294071

"I really like the staff who encourage us to achieve our goals. We are at peace with each other and there is so much care and understanding. I really like this place."

CHT resident