



# Highams Lodge

High-support recovery community

49-51 The Avenue, Highams Park, London E4 9LB

020 8523 4651  
[highams@cht.org.uk](mailto:highams@cht.org.uk)

Registered Manager: Alistair Dinsmore  
Clinical Lead: Valentina Chiricallo

CQC Provider ID: 1-101671019

Inspected and rated

Good



# CHT

Community Housing & Therapy

[www.cht.org.uk](http://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, or volunteering

# About Highams Lodge

Inspected and rated

Good



Highams Lodge is our 15-bed, mixed-gender residential community in Waltham Forest, just 20 minutes from central London, offering en-suite bedrooms and a range of on-site facilities, including a shared lounge and kitchen, and a large garden with a summer house, sensory corner, outdoor gym, and barbecue.

At Highams 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 an 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 ensuite-bedrooms
- On-site psychotherapist
- 1:1 psychotherapy
- 1:1 key work sessions
- Community social worker
- Training opportunities
- Shared lounge, kitchen, garden and group room spaces
- Outdoor gym equipment
- Therapeutic programme
- Psychosocial groups
- Art psychotherapy
- Facilitated reflective space
- Opportunity to join organisational committees



## 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 over 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

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

Nominated Individual:  
Anthony Jones

Registered charity number:  
1040713  
Company number: 294071

"I have learnt so much about myself and have grown as a person thanks to the life I've led at Highams. I feel so different to the person who walked through that door almost two years ago. You have facilitated that internal growth, and given me the space, inclusivity, and support, to help me on my journey of recovery"

Former resident