



Mount Lodge

High support recovery community



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www.cht.org.uk/mountlodge

CHT
Community Housing & Therapy

About us

Community Housing & Therapy (CHT) is a specialist mental health charity founded in 1994. Our seven communities in the South East offer a home, round-the-clock care, therapeutic support, skills training, and social activities for adults experiencing severe and complex mental distress and co-occurring conditions, such as substance use.

Our communities are Psychologically Informed Environments (PIEs) that aim to create spaces where people feel safer, listened to, and able to take part in community life.

Our therapeutic model bridges the gap between hospital and community, providing consistent, person-centred support over time. By prioritising social connection and purposeful activity, we support residents to rediscover what they want from life and realise their potential.

Our outcomes reflect this. Last year,

- **42%** of residents were engaged in employment, volunteering, or education, and
- **64%** of those who moved on went to lower-support or independent living.

“Mount Lodge provides me with the structure that I need, and the support that I need. But I have my freedom as well. When you're in hospital, you have no autonomy. But here, I have people who I know want to help me and want to work with me.”

Mount Lodge resident

Mount Lodge

Mount Lodge is our CQC-regulated 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 single occupancy bedrooms
- Shared lounge, kitchen, garden and group spaces
- Regular on-site one-to-one psychotherapy
- Community social worker
- One-to-one key work
- Therapeutic programme
- Psychosocial groups
- Facilitated reflective space
- Opportunity to join organisational committees
- Resident training opportunities



Our approach

Recovery is not always straightforward, so we work alongside residents through the five stages of our recovery pathway, at a pace that feels manageable for them, usually over a period of two to three years. After this time, the majority will move on to lower supported housing, their family home, or their own flat.

1

Engagement

We co-create recovery plans with residents along with strategies to engage with the community and help build ongoing, emotionally safe connections.

2

Attachment

We help residents form secure community bonds by encouraging participation in groups and activities.

3

Containment

Through psychotherapy and regular keywork, we help residents feel safe, belong, and better manage their emotions.

4

Exploration

We encourage and support residents to take positive risks and identify opportunities to realise their goals and their strengths.

5

Autonomy

Skills training and activities like our Experts by Experience programme help residents gain confidence and move toward independence.

Our service team

Mount Lodge is staffed 24/7, including waking night cover. Our team includes live-in Support Workers, a community social worker, and Therapeutic Practitioners.

Our staff are trained to meet residents where they are in their journey, actively support their recovery, and make sure everyone feels listened to, wanted, respected, and valued.



Holly Moore Registered Manager

Holly has been with CHT since 2010. She has a background in psychology and completed the Post Graduate Diploma in Psychotherapy for Practitioners in a Therapeutic Environment.

Emma Pyle Clinical Lead

Emma is our Community Psychotherapist. She has over 20 years of experience working in mental health services, family assessment services and counselling services for students.

Anthony Jones Head of Services

Anthony has been with CHT since 2010, and is a registered social worker and Family Therapy Practitioner. He is our CQC-nominated individual and Safeguarding Lead.

Paul Heseltine Team Leader

Paul is Mount Lodge's Team Leader and joined CHT in 2024. He trained as a therapeutic counsellor and has experience working in support, care and housing roles in East Sussex.

Groups & activities

At Mount Lodge, residents can join a weekly programme of groups and activities, alongside one-to-one support. Our weekly programme is co-designed with residents and may include:

Arts and creative activities. Using art as expression, and learning new skills in a supportive setting.

Community meetings. These are held weekly to discuss activities within the community.



Social groups and day trips. Such as movie nights or going out together for a meal.

Cooking and cleaning groups. Where residents and staff help to maintain the shared spaces and plan and cook meals together.

Psychosocial groups. Educational sessions where residents choose topics that matter to their interests and needs.

Skills training and workshops. These help build confidence and new abilities for life after leaving our communities.



Referrals

Fees & Funding

We offer a competitive placement fee structure for local authorities and the NHS. It's also possible to self-fund a placement. Please contact us for our latest fee table.

Eligibility

We accept referrals for adults 18+. Every referral is reviewed individually to ensure our structured and personalised therapeutic programme will benefit those referred to us.

Referral requirements

To make a referral we require the following information:

- A recent risk assessment
- A current care plan
- A support plan
- Any other information, such as a psychiatric report, an occupational therapist's report, or a social circumstances report.

The referral process

Once we've received your referral, our team will review it as quickly as possible and set up an assessment. We'll then invite you or your client to visit and meet our community.

We aim to reply to all enquiries within 24 hours and to offer an initial assessment within 5 working days.

Contact us

To discuss our services or make an enquiry for a placement at Mount Lodge, please contact,

01323 411 312
mountlodge@cht.org.uk

For general enquiries, please contact our referrals team,

020 7381 5888
referrals@cht.org.uk

www.cht.org.uk/referrals

CHT

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CQC Provider ID: 1-101671019

Regulated Activities at Mount Lodge:
Treatment of Disease, Disorder or Injury (TDDI)

Nominated Individual: Anthony Jones

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