



# Manor Clinic

**Manor Clinic, in Southampton, is a 13-bed exclusive addiction treatment centre, providing a charming and homely environment to receive expert care and support for addiction. We specialise in alcohol, drug, gambling and prescription drug addiction treatment.**

## Treatment

We provide an evidence-based programme that is tailored to individual needs, all structured within NICE guidelines.

- + The therapy team work closely with the wider team to offer 24/7 support

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- + Flexible detoxification and rehabilitation programmes over 7, 14, 21 and 28 days (programmes can be longer if required)

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- + Tried and tested therapeutic techniques including mindfulness, mood management and emotional freedom techniques

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- + Appropriate medication management as required for patients with co-occurring mental health conditions



## Our environment

At Manor Clinic, we believe that the treatment environment is just as important as the treatment itself, for empowering our patients to achieve a full and lasting recovery from addiction and co-occurring disorders.

Based in an elegant Georgian mansion, our close-knit, family feel allows for an informal atmosphere where our patients can find privacy and tranquillity on their journey towards recovery.

We offer patients:

- + Comfortable and contemporary décor, ensuring bedrooms and common areas are all finished to a high standard

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- + Single occupancy, double ensuite bedrooms

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- + Beautifully landscaped private gardens

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- + Welcoming communal dining room, allowing patients to eat and socialise together

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- + Plenty of local walks, allowing you to enjoy some light exercise and enjoy the stunning scenery

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- + A peaceful summer house in the grounds, where you will participate in therapy

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- + On-site chef, providing nutritious and delicious home-cooked meals, with catering to suit dietary needs

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- + Dedicated housekeeping

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- + Internet access available throughout the site

## We can support

- + Adults with alcohol, drug or behavioural (including gambling and internet) addictions
- + While our primary service is addiction support, we are able to offer dual diagnosis support for mental health conditions such as anxiety, depression and PTSD

## Additional patient and family support

- + Access to 24-hour telephone support
- + Bi-annual aftercare group events
- + Free aftercare for life for patients who complete the programme
- + Family support for life
- + Weekly meetings arranged at local Alcoholics and Narcotics Anonymous

## Wellbeing activities

- + Mindfulness
- + Yoga
- + Meditation
- + Acupuncture

## Specialist team

Our excellent clinical team are committed to helping individuals to break free from the confines of addiction, by using established and evidence-based methods. The team includes:

- + **Dr Simon Kelly** - Consultant Psychiatrist
- + **Dr James Stallard** - Consultant Psychiatrist
- + **Sarina Wheatman** - Addictions Therapy Manager
- + **Jacqui Newbold** - Addictions and Aftercare Manager
- + **Angie Cullen** - Family Liaison Therapist
- + **Jane Willett** - Clinic Director

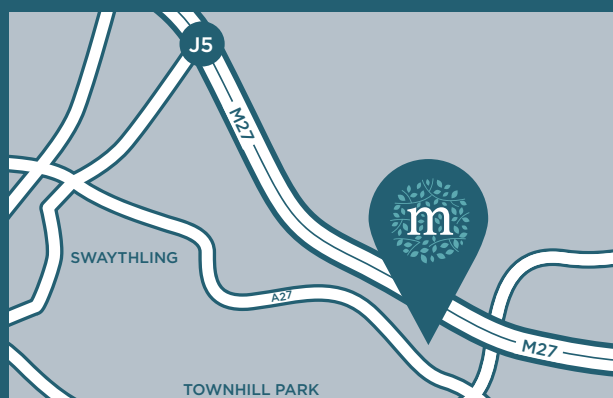
## Funding

Priory offers personalised and accessibly-priced treatment packages for individuals who are looking to self-pay for treatment. While we would prefer to receive a GP referral when a patient enters our services, this isn't always essential. We are also an approved provider for all of the UK's leading private medical insurers. If you have private medical insurance, a GP referral may be required by your insurer before treatment can commence. Please liaise directly with your insurer to confirm.

## Our location

Manor Clinic, Mansbridge Road, Southampton, Hampshire, SO18 3HW.

Very easy access from the M3, Southampton Airport and local train stations.



## Enquiries and further information

To find out further information or to make a referral into Manor Clinic, please contact our dedicated 24/7 enquiry team:

**Telephone: 0808 291 1666**

**Email: [ManorClinicReferrals@priorygroup.com](mailto:ManorClinicReferrals@priorygroup.com)**

**Visit: [www.themanorclinic.com](http://www.themanorclinic.com)**

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