



Carmand

Mental Health, Learning Disability
and Complex Care
Integrated Accommodation

We provide safe, compassionate
and person-centred care,
helping individuals achieve their
potential and live fulfilling lives
within their community.

01472 884579 07557 735287 (24 hour referral line)
admin@carmand.co.uk www.carmand.co.uk

Supporting Lives, Empowering Futures

Providing safe, compassionate
and person-centred care.



COMPASSION

We care with kindness
and empathy.



RESPECT

We value every individual
and their journey.



EMPOWERMENT

We support individuals
to reach their full potential.



INTEGRITY

We work collaboratively
with honesty and openness.



OUR SERVICES

Carmand is a unique service that provides homely,
structured and complete rehabilitation pathways
for individuals with mental health conditions and/or
learning disabilities with complex needs.

We provide a gateway, offering a smooth and
structured transition from a range of services
back into the community.

We take pride in supporting our clients to achieve
their maximum potential, promoting independence
and equipping them with the necessary skills to
live long-term within a community environment.

Carmand supports the development of:

- ✓ Daily living skills
- ✓ Social skills
- ✓ Educational development
- ✓ Employment opportunities



PSYCHOLOGICAL SERVICES

Integrated within Carmand's services:

- ✓ Psychological assessment and support
- ✓ Intervention
- ✓ Evaluation
- ✓ Mental health monitoring
- ✓ Specialised programmes
- ✓ Stakeholder meetings
- ✓ Person-centred approaches
- ✓ Support and supervision of
independent living skills
- ✓ Risk assessments
- ✓ Health and wellbeing action planning
- ✓ Sourcing paid and/or voluntary
employment



SPECIALIST PSYCHOLOGY SERVICES

- ✓ Psychometrics
- ✓ Risk assessments
- ✓ Dialectical Behaviour Therapy (DBT)
- ✓ Cognitive Behaviour Therapy (CBT)
- ✓ Schema-focused therapy
- ✓ Anger management programmes
- ✓ Social skills training
- ✓ Assertiveness training
- ✓ Self-injurious behaviour coping strategies
- ✓ Behaviour modification programmes
- ✓ Community Treatment Orders (CTOs)
- ✓ Learning disability assessments



Specialised, tailored
programmes are available
to meet individual needs.



LOCATIONS



Head Office
Carmand Limited, Lunar House,
Purecare Solutions, Crosland Road
Grimsby, Lincolnshire DN37 9DS
01472 884579



Topaz House
226 Grimsby Road, Cleethorpes, DN35 7EY



Amber House
154 Grimsby Road, Humberston, DN36 4AQ



Emerald House
Grange Farm House, Waltham Road,
Barnoldby Le Beck, DN37 0AR



Opal House
22 Humberston Avenue,
Humberston, Grimsby, DN36 4SP



Florence House
65 Nettleham Road, Lincoln, LN2 1RT



Ruby House
99 Humberston Avenue,
Humberston, Grimsby, DN36 4ST



CONTACT US



Phone Number
01472 884579



24 hour referral phone number
07557 735287



Carmand Ltd
DN37 9DS, Grimsby,
North East Lincolnshire,
England, United Kingdom



Email: admin@carmand.co.uk
for all general enquiries



Email: karl.piddington-smith@
carmand.co.uk
Registered Manager

www.carmand.co.uk



Our commitment is to empower individuals,
promote independence and create
brighter, more fulfilling futures.



Carmand

Mental Health, Learning Disability
and Complex Care Integrated Accommodation



Supporting Lives, Empowering Futures

Providing safe, compassionate
and person-centred care.



OUR SERVICES

Carmand is a unique service that provides homely and complete rehabilitation pathways for clients with mental health problems and/or learning disabilities with complex needs.

We provide a gateway and offer a smooth and structured transition from a range of services back into the community.

We take pride in supporting our clients to achieve their maximum potential and to become independent and equipped with the necessary skills to reside long-term in a community environment.

Carmand helps to improve clients own daily living skills, social skills, educational and/or work development as identified through the 'needs assessment' process.



PSYCHOLOGICAL SERVICES

Incorporated into Carmand's integrated services are:

- ✓ Psychological assessment and support
- ✓ Intervention
- ✓ Evaluation
- ✓ Mental health monitoring
- ✓ Specialised programmed
- ✓ Stake holder meetings
- ✓ Person centered approach
- ✓ Support and supervise independent living skills
- ✓ Risk assessments
- ✓ Health and well - being action plan
- ✓ Sourcing paid and/or voluntary employment



Our commitment is to empower individuals, promote independence and create brighter, more fulfilling futures.



LOCATIONS



HEAD OFFICE

Carmand Limited, Lunar House,
Purecare Solutions, Crosland Road
Grimsby, Lincolnshire DN37 9DS
01472 884579



TOPAZ HOUSE

226 Grimsby Road,
Cleethorpes, DN35 7EY



AMBER HOUSE

154 Grimsby Road,
Humberston, DN36 4AQ



EMERALD HOUSE

Grange Farm House, Waltham Road,
Barnoldby Le Beck, DN37 0AR



OPAL HOUSE

22 Humberston Avenue,
Humberston, Grimsby, DN36 4SP



FLORENCE HOUSE

65 Nettleham Road,
Lincoln, LN2 1RT



RUBY HOUSE

99 Humberston Avenue,
Humberston, Grimsby, DN36 4ST



SPECIALISED TAILORED PROGRAMMES ARE AVAILABLE

We provide bespoke programmes tailored to the individual needs of each client to support lasting change and personal growth.



SPECIAL PSYCHOLOGY SERVICES

- ✓ Psychometrics
- ✓ Risk assessments
- ✓ Dialectical behavior therapy
- ✓ Cognitive behavior therapy
- ✓ Schema focused therapy
- ✓ Anger management programmes
- ✓ Social skills training
- ✓ Assertiveness skills training
- ✓ Self-Injurious behavior coping strategies
- ✓ Behavior modification programmes
- ✓ Community treatment orders
- ✓ Learning disability assessments



Specialised tailored programmes
are available



CONTACT US

Phone Number
01472 884579

24 hour referral phone number
07557735287

Carmand Ltd
DN37 9DS, Grimsby,
North East Lincolnshire,
England, United Kingdom

Email: admin@carmand.co.uk
for all general enquires

Email: Karl.piddington-smith@carmand.co.uk
Registered Manager



www.carmand.co.uk