Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Intermediate Care Therapy Service - Bedford House

Version number: **1**
Last modified date: **12th November 2026**

Intermediate Care Therapy Service - Bedford Care Home

Patient Information

- Author ID: ST
- Leaflet Ref: CM 388
- Version: 1
- Leaflet title: Intermediate Care Therapy Service – Bedford House
- Date Produced: November 2024
- Expiry Date: November 2026

Our Service

Bedford Care Home, run by Advinia Health Care has a number of beds which have been allocated specifically for community health and social care use, where people can stay following a period of ill health or injury.

There are up to 30 Community Beds, spread across four different units: Kenyon, Croft, Beech and Lilford Units. The bedrooms all have shared bathroom and toilet facilities. Each unit has a communal lounge shared with longer term residents. Each unit also a dining room where you will be encouraged to eat your meals.

Wrightington, Wigan and Leigh Teaching Hospitals Foundation Trust Intermediate Care Therapy Team provides therapy for people staying in the Community Beds at Bedford Care Home.

Aims

We are a multiprofessional rehabilitation team who work with Advinia staff, with the aim of supporting you to return to your usual place of residence, as soon as you are independent enough to continue your recovery at home.

Our aim is to encourage people to regain independence and to take part in their daily activities such as:

- Personal Care
- Meal Preparation

- Walking practice
- Getting on and off the bed/chair/toilet
- Getting in and out the house

What to expect

While staying in a Community Bed you may expect to receive input from Physiotherapists, Occupational Therapists, Rehabilitation Practitioners and Therapy Assistants, along with Care Support Workers, Social Workers and other visiting services.

You will have an initial therapy assessment within the first few days of arriving at Bedford Care Home. Not everyone who has a stay in the Community Beds at Bedford House is suitable for rehabilitation at the time of their stay. The therapy team will explain this to you during your initial assessment.

If appropriate, a personalised rehabilitation programme, with mutually agreed goals, will be set up to help you to become more independent.

Your rehab programme may include:

- Provision of walking aids
- Practice of day-to-day activities
- Exercises for strength, balance and movement
- Advice and education
- Provision of equipment to assist in the rehabilitation programme.

You will not necessarily see a registered therapist, as much of the programme is delivered by the Rehabilitation Practitioners and Therapy Assistants.

The programme might include tasks/exercises to do independently or alongside the rehabilitation team.

The therapy team visit Bedford House every weekday (Monday to Friday) to deliver direct, face-to-face therapy activities.

Your goals and rehabilitation programme will be reviewed and updated regularly.

Your length of stay will depend on your goals and the progress you make.

The team will also support your discharge from the care home and make referrals to one of our community teams.

What we expect from you

- To fully engage in all assessments and care planning.
- To fully engage in interventions as determined by your assessments and care plans to assist in your recovery to enable you to return to your usual place of residence.
- To bring appropriate footwear (flat shoes or supportive slippers)
- To provide access to a key for your property in case we need to visit your home in order to prepare you for discharge.

- Communicate with us at the earliest opportunity if you envisage any difficulties with the set expected date of discharge, or discharge plans discussed and agreed with you.

Further Information

If you require any further information about your referral to intermediate care or your stay in one of our residential units, please ask a member of the nursing staff who are currently looking after you.

Contact details for the Therapy Team

Telephone: **0300 707 1256**

Address: Leigh Town Hall

Second Floor Civic Square

Leigh

WN7 1DY

Therapy Lead: Adele Davies/Victoria Cannon



Version number: **1**
Last modified date: **12th November 2026**

All rights reserved © 2026
WWL Teaching Hospitals NHS Foundation Trust