



Active Recovery

A partnership between Leeds City Council (LCC) and Leeds Community Healthcare NHS Trust (LCH)

What is Active Recovery?

Leeds Active Recovery is a short-term, community-based rehabilitation service that supports people to regain independence and confidence after a hospital stay or illness, and is designed to best meet the needs of the people of Leeds. This approach builds on what already works well by developing the services we provide so more people than ever are able to continue to live and receive care in their own homes. Active Recovery supports people to regain their ability and confidence to do everyday activities.

To improve our services to people, we have combined the resources of Leeds City Council's Reablement Service and Leeds Community Healthcare's Therapy teams. By bringing these teams closer together into a co-located Active Recovery offer we have created an accessible service that is available at different stages of a person's care.

By working in this way we are aiming to:

Increase access for people to short-term community rehabilitation and reablement.

Improve co-ordination and knowledge about which health and care professional is doing what.

Provide responsive home-based, person-centred, co-ordinated care and treatment to enable people to maximise their independence and/or recover from illness or injury.

Improve people's outcomes so they can live at home, safe and well in their communities for longer.

Reduce dependency on long term services, delay possible admission to long term care and reduce hospital admissions and A&E attendance.

Progress so far

The Active Recovery service is now operating citywide across Leeds, from 1 December 2025. The service has already made improvements to the way people are cared for and supported by Active Recovery:

- Referrals are jointly triaged and every person's care is now saved in one shared place in an electronic record so all staff can quickly see the care that person has received to date. This prevents the person from having to repeat their story and enables better visibility of Active Recovery to other health and care partners.
- All staff involved in the person's care speak regularly in multi-disciplinary meetings to ensure that the person is receiving the best possible care, wrapped around their needs and what's important for them.
- People get the right input by the right person for them, which could include joint assessments and visits, shared care and collaborative working between Reablement and Therapy staff.

What does this mean for people referring into the service?

There are no changes to how you refer. This will mean a quicker response and adoption of the Active Recovery criteria which expands on the previous Reablement criteria. When referring you will be able to do so with the confidence that the person will experience a more streamlined and joined up service.

What will be different for those people accessing the service?

For people accessing the service, our vision is that they will have a single point of contact, the joint approach will provide a more person-centred experience where the information they provide at the outset doesn't have to be repeated and they know who to contact when required.

Where are the Active Recovery hubs located?

South Leeds – St George's Centre | West Leeds - Armley Moor Health Centre | North Leeds - Tribeca House

How can I find out more information?

If you have any questions regarding Active Recovery, please contact:

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