

How to access the service

The service can be accessed via a health professional such as a care coordinator or social worker.

Contact us

Telephone: **020 8313 9725**

Email: **hello@ambient.org.uk**

About Us

Ambient Support (formerly known as Heritage Care and Community Options) is a registered UK charity with over 25 years' experience in providing care and support services for older people, people with a mental health need and people with a learning disability.

Our wide range of quality specialist services are delivered by our dedicated, professional and passionate staff and our success is built on supporting people to live a full and meaningful life – regardless of age, health or disability.

What people who have used our services with support have said:

'I feel tranquil and safe living here.'

'I feel more confident and have become more independent since I came here.'

'I am making progress and know that I can move on in the future.'

'Everyone is very kind, it is good to have someone to talk to.'

At Ambient Support we believe:

That everyone is unique and they should be able to lead valued lives in their communities, treated with dignity and respect no matter their age, health condition or disability.

Head Office & Registered Address:

Ambient Support, Unit 9, Bourne Court, Unity Trading Estate, Southend Road Woodford Green, Essex. IG8 8HD

Telephone: 020 8502 3933

Email: **hello@ambient.org.uk**

Website: **www.ambient.org.uk**

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ambient

Passionate About People



Edward Road

Providing **24 hour supported living** for people with mental health needs

'I feel more confident and have become more independent since I came here.'

Inspected and rated

Good



www.ambient.org.uk

About Edward Road

Edward Road is a CQC Registered 24 hour Supported Living project in Bromley, which provides specialist support for people with mental health needs.

The accommodation consists of 11 bedrooms. Each person has their own room and shares the communal areas and facilities.

Edward Road is in a quiet community, situated in the Sundridge Park area of Bromley. It has good access to Bromley town centre and public transport links.

Who is the service for?

This service is for people with severe and enduring mental health problems with complex needs including dual diagnosis, personality disorders and learning disabilities.

What we can do

The Ambient Way means our dedicated team of workers provide personalised support, to fit in with each individual's needs and lifestyle.

Our workers can assess needs, identify goals and support people to achieve these.

Individuals choose a keyworker from our staff team and have regular one to one meetings with this person to create their support plans. These plans are used to inform how much individual support time is required and can be stepped up or down as people progress on their recovery journey.

They help people develop effective coping strategies for mental health and wellbeing.

They can provide practical support with daily living and life skills including budgeting and finances.

People are supported to develop links in the local community and engage in meaningful activities.

People are also supported to manage their medication.

Outcomes from the service

People who use these services can expect to have:

- More choice, responsibility and control over their lives and greater independence.
- Better understanding of their own recovery and coping strategies for managing their wellbeing.
- Increase in their general wellbeing.
- Increased knowledge of the opportunities available to them in the wider community.
- Valued social role and increased confidence.
- Contributed and had a voice in the services provided.
- Support to move on to more independent accommodation.

About Edward Road Staff

We have a dedicated team of Project Workers including an Occupational Therapy Assistant (OTA).

The OTA provides evidence based interventions in areas including: motivation, life skills and communication to support positive outcomes.

Our workers have a range of interests to share including: Music, Gardening, Arts DIY, Sport, Travel, Photography, History, Reading and Cooking.

Staff have a wide range of skills in mental health and recovery including:

- Motivational interviewing
- Specialist working with people with alcohol and substance misuse and personality disorders
- Cognitive behaviour approaches
- Training and approaches in Recovery and Person Centered Planning
- Use of the Recovery Star to promote greater independence for people
- Risk Assessment