

## How to access the service

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

## Get in touch with us

 020 8313 9725

 hello@ambient.org.uk

## People who use our services have said:

'Since I moved to Lennard Road this has given me a more independence and freedom, the support from the staff has been good.'

'Living at Lennard Road has been good, I have been supported by the staff to develop myself and feel good about myself.'



## About Us

Ambient Support is a registered UK charity with over 30 years' experience in providing care and support services for older people, people with a mental health need and people with a learning disability.

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.

### Our way is **The Ambient Way**

Watch the video to learn more



SCAN HERE

### Find us on social media



@AmbientSupport

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**ambient**  
Passionate About People



## Lennard Road, Penge

Providing **shared housing** and support for people with mental health needs.

[www.ambient.org.uk](http://www.ambient.org.uk)

## About Lennard Road

Lennard Road is a **shared house** in the Penge area of Bromley.

It supports up to 5 people, each person has their own room and shares the communal areas.

The house has **good access to local community facilities and public transport.**

## Who is the service for?

This service is for people with severe and enduring mental health problems with complex needs including dual diagnosis (mental health needs and concurrent alcohol or drug use issues).

## What we can do

The Ambient Way means we provide **flexible, person-centred support** based on the needs of each person, with a minimum of 1 hour per person per day.



Lennard Road is linked to a core project (a 24 hour staffed project). **The clients at the project have access to staff in the core project 24 hours a day.**

The support can be adjusted to individual needs providing greater flexibility.

Lennard Road prepares clients **to live independently, to work on their recovery and to reduce social isolation.**

## About Lennard Road Staff

Our staff 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:**

- Skills in crisis management
- Motivational interviewing skills
- Specialist working with people with alcohol and substance misuse issues
- Training and approaches in Recovery and Person Centred Planning
- Use of the Recovery Star to promote greater independence for people
- Risk Assessment trained
- Support planning and goal setting skills



## What people can expect from the service

People who use this service can expect to have:

- **More** choice, responsibility and control over their lives.
- **Greater** independence all areas of their lives.
- **Better** understanding of their own recovery
- Coping strategies for **managing** their wellbeing.
- **Increase** in their general wellbeing.
- **Increased** knowledge of the opportunities available to them in the wider community.
- **Increased** confidence.
- **Contributed** and had a voice in the services provided.
- **Support** to move on to independent accommodation.