

## 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:

'The support has helped me to develop my skills & become more independent.'

'Staff are kind and caring. They have supported me, they listen and help me when I need it.'

'I am treated fairly. I enjoy living at Sandford Road.'



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

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# ambient

Passionate About People



## Sandford Road, Bromley

Providing **24 hour intensive short term rehabilitation** for people with mental health needs

Inspected and rated

Good



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

## About Sandford Road

4 Sandford Road is an **Intensive Rehabilitation and Recovery Registered 24 hour care home** for adults with mental health and complex needs including dual diagnosis.

It supports up to 5 people in a shared living environment. Each person has their own room and shares the communal areas. It is situated in **central Bromley**, very close to the High Street and 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).

## About Sandford 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.



**Staff are skilled to support people with a range of needs and goals, including:**

- Person Centred Planning & Self-management.
- Independent living skills.
- Medication Management.
- Alcohol and substance misuse issues.
- Using the Recovery Star and setting goals to promote greater independence.
- Support planning & goal setting skills

## What we can do

**The Ambient Way** means that we provide 24-hour flexible staffing to provide person-centred support. We:

- Allocate each person a keyworker who has regular one to one meetings with the person where they can discuss any issues or concerns they may have
- Create an individual support plan with each person, using the recovery star to assess needs, identify goals and ways of achieving these aims.
- Support a person's mental and physical wellbeing.
- Provide practical support with daily living skills.
- Help people to develop/ build on their life skills.
- Help people to develop budgeting skills and manage your own finances.
- Assist people with accessing services available within the Borough.
- Support people to manage their medication.



## 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 more appropriate accommodation.