

## How to access the service

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

## Get in touch with us

 020 8502 3933

 hello@ambient.org.uk

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

‘Support workers have given me great encouragement and insightful, positive input.’

‘Staff are very helpful and supportive... they treat me as an important human being.’

‘...Staff are well informed about my problems and are helpful. They discuss things with me and respect my opinions and look after me ...’

‘The support has been extremely helpful to my recovery, I don’t think I could have got as far as I have without it.’



## 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



## Bromley Support@Home

Individual support for people with mental health needs

Inspected and rated

Good



www.ambient.org.uk

## Support@Home: Here for You in Bromley

At Ambient Support, we're here to help Bromley residents with mental health needs live independently in their own homes, in their community.

The **Support@Home** service is fully flexible and tailored to you and your needs. It's available 365 days a year for people aged 18-64, and for those over 65 who may need personal care (but not nursing care).

Access to the **Support@Home** service is via Local Authority referral by a health care professional.

### How we help

Our mission for the **Support@Home** service is simple: **to support you in achieving your goals and living the life you want.** Whether you need a little help or a lot, our support adjusts to fit you and your own personal mental health recovery journey.

We take a **whole-person active support approach**, focusing on both your mental well-being and physical health. Our dedicated Health Promotion lead will work closely with you and your support team to boost your overall well-being and help you maintain it.

Where ever you set up home in Bromley Ambient's **Support@Home** can move with you, so whether you live in a supported living environment, a private rental or own your own home **we will be with you every step of the way** for as long as is needed.

## About Our Staff Team

Ambient's friendly team of trained support workers are backed by experienced practice leaders, ensuring you get the best support possible. Our workers have a range of interests to share and 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.



## Who is the service for?

**This service is for people:**

- 18+ with mental health needs who are living in Bromley and who are registered with a local GP.
- Who need support with daily living activities and who may be able to develop skills with 1:1 support.
- Who need support to manage medication.
- Who may benefit from developing mental health self-management strategies.



## What people can expect from the Support@Home 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.