

## 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:

*'Since my 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'.*

### 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



## Lennard Road

*'I have been supported by the staff to develop myself and feel good about myself'.*

**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 project 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 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:

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

## Outcomes from the service

**People who use these services 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.
- Valued social role and increased confidence.
- Contributed and had a voice in the services provided.
- Support to move on to appropriate accommodation within 2 years.