

How to access the service

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

Contact us

Ambient Support, Regional Office,
2a Fielding Lane, Bromley, BR2 9FL

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.

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**

Registered and licensed by the Care Quality Commission (Provider ID: 1-102643235). Ambient Support Limited is a Company Limited by Guarantee. Registered in England & Wales. Company Registration number: 07211819. Registered Charity number: 1135353 MHTH01_0420

ambient

Passionate About People



Thornhill Road

Providing shared housing and support for people with mental health needs

'I have been supported to build on my living skills and become more independent.'

Inspected and rated

Good



www.ambient.org.uk

About Thornhill Road

Thornhill Road is a shared house near central Croydon. It supports up to 5 people with each person having their own spacious bedroom and sharing the communal areas.

The project has good access to community facilities with local shops a short walk away and public transport within easy reach.

Who is the service for?

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

This service is particularly suited to those moving into a community based setting after a period in hospital or 24 hour residential care. Thornhill Road prepares clients to live independently, to work on their recovery and to reduce social isolation.

What we can do

The Ambient Way means we provide flexible, person-centred support based on the needs of each person. Support can be adjusted with hours added or reduced as required including sleep-in nights. There is also an on call service available to residents out of hours 24/7.

About Thornhill Road Staff

We have a dedicated team of Support Time Recovery Workers (STR) and also an Occupational Therapy Assistant (OTA). The OTA provides evidence based interventions in areas including: motivation, life skills and communication to support positive outcomes.

STR workers can assist with everyday activities such as daily living skills, attending appointments and accessing advice and advocacy services.

They also provide support to help manage physical and mental wellbeing, in addition to signposting you to take part in social and community groups and meaningful activities.

Our STR workers have a wide range of skills which include: promoting health lifestyles, gardening, sporting activities, organising social events and activities, such as going to the cinema or having a film night, promoting Person Centered Planning and organising recovery based activities.

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

- Person Centered 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.

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 , and better understanding of their medication.
- 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.
- It is expected that people will step down from this service and move on to appropriate accommodation as they work toward independent living.