

Outreach Service

Our Outreach service is able to support former tenants of Strand House and people who live in their own accommodation in and around the Cromer area

The service is for people who have had, or continue to have enduring mental health problems and who still may need support in certain areas to maintain their independence.

This may include:

- Maintaining and improving budgeting skills
- Improving catering skills and helping to prepare meals
- Helping people build up their confidence, self worth and self esteem through developing social and recreational outlets and support with further education and returning to work.
- Taking medication safely



Strand House
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For more information
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STRAND
HOUSE

- 9 self contained flats
- 1 furnished shared flat for trial periods and respite
- Individual re-integration programmes

SUPPORTED LIVING
SCHEME
CROMER

The scheme

Strand House is a Supported Living scheme which offers Assured Shorthold Tenancies, and support to people who have mental health difficulties. The tenancies are renewable on a 6 monthly basis

The aim of the scheme is to provide a safe living environment for people who no longer require high levels of care, but for varying reasons are not yet able to live fully independently.

We work intensively with tenants on their individual programmes with the longer term aim of moving them on to independent living as soon as is appropriate for them.



Once in local independent living we can continue to provide a service, through our outreach team, in their own homes with areas they still may have difficulties with.

Service Provision

The scheme is staffed by an RMN led team who carry out the assessments, work with new accepted referrals to complete the necessary benefit and housing claim forms, and work with tenants to devise individual re-integration programmes.

The staff will assess the needs of tenants in specific areas of the re-integration programme including Social Inclusion, budgeting self catering and mental health needs.

From the assessment a programme will be devised with the tenant to help them gain more experience and confidence in areas where they need support. This can include:

- practical: budgeting, taking medication safely, preparing meals .
- emotional: staff are available for 24 hr support.
- educative, work and recreational: we are linked with local education providers, the job centre and voluntary services. We can support people in finding and engaging in social and recreational activities and provide support in returning to work or doing voluntary work.

Accommodation

The complex consists of 8 single self contained flats, and 1 furnished shared flat. The shared flat is for people who may benefit from not living alone initially, or need additional support or respite care. In the shared flat each tenant will have their own en-suite bedroom and will share the lounge and kitchen.

Referrals

We can accept referrals from both statutory agencies and privately funded individuals. Please contact us to arrange an informal visit or to discuss a potential referral.

Alternative to admission

If someone begins to become unwell and it is felt they need a more supervised environment for a limited period, we have the option of using Argyll House Re-integration unit as an alternative to hospital admission.

**Helping people make positive
steps towards their future**