St Martins
Moving forward together

Wilton Villas

Residential Care Home for adults with complex mental health needs

Wilton Villas is an 18 bed community based Care Home that provides 24/7 support for adults living with complex mental health needs.

Wilton Villas is committed to facilitating and promoting mental wellbeing, to allow our service users to return to independent living in the community.. Wilton Villas helps people to fulfil their aspirations, whilst providing the support they need to achieve this at their own pace and within a non-stressful environment.

WIlton Villas guides integrated care, with an emphasis on co-ordinated partnership working. We pride ourselves on maintaining effective relationships with NHS community mental health teams and local authorities to ensure we effectively meet the needs of our industry partners and service users.

Our Service

- 18 Fully furnished single rooms
- Shared kitchen, bathroom and living room facilities
- Large outside courtyard and garden used for activities
- Personalised care and support planning with dedicated key workers and life skills facillitators
- Safe environment that provides emotional support and assists with building life skills
- Co-ordinated programmes of therapeutic input and meaningful activities
- Community engagement, leisure, vocational and educational opportunities
- Integrated care with NHS and LA partners

www.stmartinoftours.org.uk

Our Approach

By supporting a culture of therapeutic engagement based on principles of recovery, the care we provide will be adopting values including; Encouraging service-users to build hope, supporting service users to set their own goals, providing engagement based on what the service user would find meaningful, and supporting the service user to lead a more fulfilling life. The key elements of our therepeutic strategy are;

- Development of self and symptom mangement
- ADL skills development
- Understanding recovery and leading a more fulfilling life
- Positive family and social support networks
- Relapse prevention and risk reduction
- Social inclusion, education and employment

> “
>
> I am moving into my very own flat. The staff here have supported me in building the skills I need to be more independant and take this step. I never thought I would have the confidence to do that.
>
> **Departing Resident of Wilton Villas**

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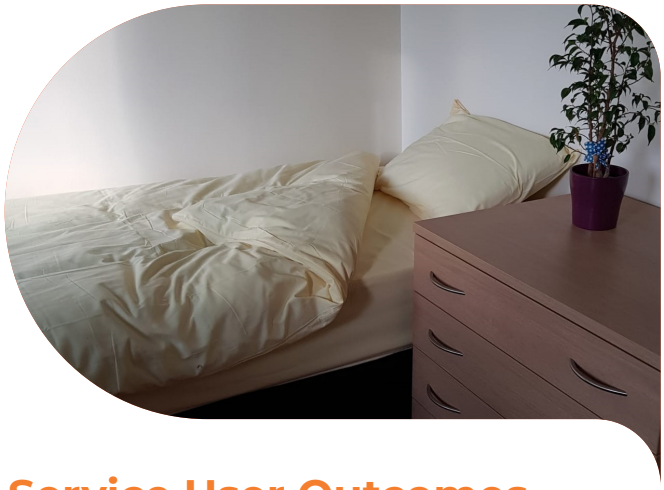
Our Community

Situated in the heart of the Islington community, Wilton Villas promotes social inclusion and provides opportunities for purposeful community involvement. The service provides convenient access to a wide range of community facilities including local shopping centres, markets, colleges, places of worship, and employment opportunities.

Within close proximity to an excellent transport network of buses, tube and overground, the staff support the indiviual needs of residents in actively engaging with community based activities, developing social networks and pursuit of personal interests.



Service User Outcomes

- ✓ **Development of independent and daily living skills**
- ✓ **Improved mental and physical wellbeing**
- ✓ **Reduction in risk and behaviours that challenge**
- ✓ **Active involvement in community leisure, educational and employment facilities and oppotunities**
- ✓ **Increased engagement with primary care services and Community Mental Health Teams**
- ✓ **Improved sense of personal identity and confidence**
- ✓ **Step down to low level supported or independant community living**

If you would like to make a referral, arrange a visit or request further information, please call **020 7704 3820** or email **referrals@stmartinoftours.org.uk**

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