Caledonian Road

St Martins
Moving forward together

Supported housing project for people with mental health needs

Caledonian Road is a 7-bed community based supported living service that provides 24/7 assistance for adults living with complex mental health needs.

Caledonian Road is committed to facilitating and promoting mental wellbeing, to allow our service users to return to independent living in the community. Caledonian Road 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.

Caledonian Road 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

- 7 Fully furnished single rooms with en-suite facilities
- Shared kitchen and living room facilities
- Large outside courtyard and garden used for
- activities
- Personalised care and support planning with dedicated key workers and life skills facilitators
- 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 we support resident to develop independence. The support we provide will focus on encouraging residents to build hope, supporting residents to set their own goals, providing engagement based on what the resident would find meaningful, and supporting the resident to lead a more fulfilling life. The key elements of our therapeutic strategy are;

- Development of self and symptom management
- 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

> The staff at Caledonian Road have helped me feel more confident and in control of my own life. I feel healthier, happier and able to manage my challenges better.
>
> Resident of Caledonian Road

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Our Community

Situated in the heart of the Islington community, Caledonian Road 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 and trains, the staff support the individual needs of residents in actively engaging with community based activities, developing social networks and pursuit of personal interests.

Service User Outomes

- 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 opportunities
- 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 independent community living

If you would like to make a referral, arrange a visit or request further information, please call 020 3105 3949 or email referrals@stmartinoftours.org.uk

558 Caledonian Road, Islington, London N7 9SJ