Oakwood House

St Martins
Moving forward together

Supported housing for adults with complex mental health needs.

Opening 19/04/2024

Oakwood Avenue is a 15-bed community that provides on-site and 24/7 high support to residents who are increasing their level of independence whilst living with a diagnosis of mental illness.

St Martins is committed to facilitating and promoting mental well-being, allowing our residents to return to independent living in the community, and helping them fulfil their aspirations, whilst providing the support they need at their own pace, within a non-stressful environment.

Our high support service emphasises co-orientated, partnership working. We pride ourselves on maintaining effective relationships with NHS Community Health Teams and Local Authorities, to ensure we effectively meet the needs of our residents.

Our Service

- 12 Fully furnished self-contained apartments
- 2 Fully furnished single rooms which share kitchen and bathroom
- 1 bedroom flat
- Personalised care and support planning with dedicated key workers and life skills facilitators
- Coordinated programmes of therapeutic input 24/7 day and night
- Large Garden for outdoor BBQs, gardening activities
- A safe environment that provides emotional support and assists with building life skills
- Complete front door intercom access control system with reader and key fobs
- 24-hour CCTV operations for advanced security
- Integrated care with NHS and LA partner
- Car Park and Passenger Lift

Our Approach

By supporting a culture of therapeutic engagement based on principles of recovery we support residents to further develop their independence and confidence prior to move on to full independent living. 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.

> Staff 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 St Martins

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Our Community

Situated in the heart of the Bromley community, Oakwood Avenue 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.

Resident 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 support services and Community Mental Health Teams.
- Improved sense of personal identity and confidence.
- Step down to low level supported or independent community living.

Referrals are open to any London Borough as well as surrounding areas. We accept referrals that are made through community mental health teams, hospital discharge and prison. If you would like to make a referral, arrange a visit or request further information, please call **02077043899** or email **referrals@stmartinoftours.org.uk**

Supported Housing Manager

Adio Iginla
Mobile number: 07764422023
Email address: Adiol@stmartinoftours.org.uk

8 Oakwood Avenue, Beckenham, BR3 6PJ