St Martin's House

St Martins
Moving forward together

Residential Care Home for adults with complex mental health needs.

St Martin's House is a 34 bedded community enduring complex Mental Health needs on a 24/7 hour basis.

St Martin's House is committed to facilitating and promoting mental wellbeing, to allow our residents to return to independent living in the community. St Martin's House 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.

St Martin's House is an integrated care, with an emphasis on co-ordinated partnership working. With care teams and other professionals, 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 residents.

Our Service

- 34 single beds available to All Genders with Mental Health needs
- Shared kitchen, toilets 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.
- Nutritional meals and culturally appropriate meals prepared.
- 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 residents to further develop their independence and confidence prior to move on to less support. 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.

'I like living at St Martin's House because the staff take good care of me and make me feel safe'.

Resident of St Martin's House

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Our Community

Situated in the heart of the Islington community, St Martin's House 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 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 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 77049786/02073599990** or email **referrals@stmartinoftours.org.uk**

Registered Manager

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