

# St Aidan's Road

## South Shields, Tyne and Wear

### > MENTAL HEALTH

St Aidan's Road has six single-occupancy bedrooms in a shared house and a one-bedroom apartment. We provide support for adults aged 18 to 65, with a range of low to medium mental health needs, encouraging them to develop the skills to live independently.

- > Staff on-site during office hours
- > Short-term supported housing
- > Communal kitchen, lounge, bathroom, laundry room and garden



“We support people on their pathways for independence.”

Local Service Manager, St Aidan's Road



### About Sanctuary Supported Living

At Sanctuary Supported Living we provide supported housing, move-on accommodation, CQC registered services and floating support to help people across England on their pathways for independence.

We specialise in services for young people, homeless families and individuals, people with physical disabilities, learning disabilities and people with mental health needs.

## Accommodation



### Accommodation type

Six single-occupancy bedrooms in a shared house, as well as one self-contained one-bedroom flat.



### Location

Close to the seafront in South Shields, within walking distance of shops, leisure facilities and public transport links.



### Communal areas

A shared kitchen, lounge, bathroom, laundry room and garden.



### Technology

Communal Wi-Fi is available to all residents.



### Safety and security

Staff office on-site, CCTV, and overnight concierge service help to ensure residents' safety and security.



### Rental agreement type

All bedrooms are let on a licence agreement and the flat is let on an assured shorthold tenancy agreement

## Support

Everyone is supported to achieve greater independence. Our highly-trained staff draw up a personalised support plan with residents using the Mental Health Recovery Star model. Staff are on-site during office hours, giving residents peace of mind that support is on-hand.

There is an overnight concierge service and an out-of-hours telephone service, should residents require any further support.

Residents can also purchase additional telecare technology to further promote their independence.

### Tailored support, advice and assistance includes:

- Maintaining a tenancy
- Managing finances (budgeting and benefits)
- Cooking, cleaning and shopping
- Building confidence, resilience and self-esteem
- Developing hobbies and interests
- Accessing education, training and work
- Socialising and community involvement
- Maintaining health, safety and security
- Signposting and accessing other services
- Planning a successful move-on

## How to apply and eligibility

To apply directly, please contact us for an application form. We also accept referrals from South Tyneside Council's adult social care team or mental health services.

All support needs will be assessed before an application is accepted.

### To be eligible for a place at St Aidan's Road, applicants must:

- Be aged 18 to 65
- Have a diagnosed mental health need
- Have an allocated social worker or Community Psychiatric Nursing

We provide follow-on support for up to 8 weeks when residents move on to live independently.

## Contact us

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