

The Star Project

Hove, East Sussex

> MENTAL HEALTH

The Star Project comprises of 32 bedrooms in four shared houses spread across Hove. We provide short-term support for adults aged 18 and over, with a range of mental health needs.

- > Staff are available between 8am-8pm
- > Short-term supported housing for up to 18 months
- > Communal lounge, kitchen, bathroom and garden



“We support people on their pathways for independence.”

Local Service Manager, The Star Project

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

The Star Project encompasses four shared properties: Pegasus House, Columba House, Sirius House, and Orion House. All bedrooms within these properties are fully furnished.



Location

All properties are within reach of shops, supermarkets, restaurants, parks, public transport connections and the seafront.



Communal areas

A lounge, kitchen, bathroom and shared garden at each property.



Technology

We can provide assistive technology for extra safety and reassurance, which can be purchased at additional cost.



Safety and security

Staff office on-site and CCTV help to ensure residents feel safe and secure.



Rental agreement type

All bedrooms are let on a licence agreement.

Support

Everyone is supported to achieve greater independence. Our highly-trained staff draw up a personalised care and support plan with residents using the Mental Health Recovery Star model.

Staff are available 8am to 8pm, seven days a week. There is a 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:

- › Daily living skills
- › Managing finances (budgeting and benefits)
- › Managing personal care and medication
- › Building confidence, resilience and self-esteem
- › Managing mental health needs
- › Managing rent and rent arrears
- › Accessing education, training and work
- › Signposting and accessing other services
- › Planning a successful move-on
- › Maintaining appropriate behaviour and good communication

How to apply and eligibility

We only accept referrals from social care or mental health professionals, through Brighton and Hove City Council.

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

To be eligible for a place at The Star Project, applicants must:

- › Be aged 18 or over
- › Have an on-going mental health need
- › Be ready to engage with the recovery model

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

For more information, please speak to your Mental Health Lead Practitioner.

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