



**MENTAL
HEALTH**

ST AIDANS ROAD SOUTH SHIELDS, TYNE & WEAR



Supported housing for seven adults, aged 18 - 65, with mental health needs



Supported housing for up to two years



A six-bedroom shared house and a one-bedroom flat



Communal kitchen, lounge, bathroom, laundry room and yard



Staff on-site:
Monday to Friday, 9am - 4pm
Sunday, 11am - 1pm



Assured shorthold tenancy agreements



At Sanctuary Supported Living we deliver personalised care and support services to help people on their pathway to independence.

We provide supported housing, move-on accommodation, CQC registered services and floating support. We specialise in services for young people, homeless families and individuals, people with physical disabilities, learning disabilities and people with mental health needs.



If you would like this publication in an alternative format please contact us.

CARE AND SUPPORT

We have extensive experience in supporting adults with low to medium-level mental health needs, encouraging them to develop their skills and live as independently as possible.

Our structured package of tailored care and support uses the Mental Health Recovery Star model to agree a personalised support plan with each resident, enabling them to identify their goals and aspirations. Their progress is regularly reviewed, with the plan updated to reflect any changing needs. All support is designed to help residents achieve good emotional health and improve their wellbeing and quality of life. Our highly-trained staff provide a wide range of tailored support, advice and assistance, including:

- Maintaining health, safety and security
- Managing finances (budgeting and benefits)
- Building confidence, resilience and self-esteem
- Cooking, cleaning and shopping
- Maintaining tenancy and managing correspondence
- Socialising, activities and community involvement
- Accessing education, training and employment
- Planning a successful move-on

Staff are on-site Monday to Friday, 9am - 4pm and Sunday, 11am - 1pm. Residents have access to an out-of-hours telephone service, should they need any additional support.

ACCOMMODATION

St Aidans Road is located on the seafront, within walking distance of shops, leisure facilities and public transport links.

The shared house is arranged over three floors, with six single-occupancy furnished bedrooms. The communal areas include a kitchen, lounge/dining room, bathroom, shower room, laundry room and yard, offering residents plenty of space to socialise or relax in peace and quiet. The one-bedroom furnished flat is self-contained, with a bathroom, kitchen and lounge/diner. Secure door access, CCTV and overnight concierge service (10pm - 6am) help to ensure St Aidans Road is a safe and secure place to live.

HOW TO APPLY AND ELIGIBILITY

We accept referrals from South Tyneside Council's adult social care team or mental health services, as well as self-referrals. All support needs will be assessed before an application is accepted. Applicants must be aged 18 - 65 and have a diagnosed mental health need.

CONTACT US

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 Sanctuary
Supported Living