

Exminster

Glenlyn: 24 hour care and support

Offering 9 beds the house is set in its own secure grounds within large gardens overlooking the estuary. The gardens offer raised beds for our veg, and chickens for our eggs. The experienced staff team offer person centred support to people with learning disabilities, mental health problems and complex needs. The house has waking staff from 7am to 10pm and sleep-in staff at night. Clients are supported to learn life skills they need for greater independence. They are involved in all aspects of running the home including recruitment, menus, and any changes they would like to propose in order to make it a better place for them to live.



Plymouth

80 Milehouse Road: 24 hour care and support

This is a homely and spacious house that provides 24hr care 7 days a week with waking staff from 7.30am to 10pm and sleep-in staff at night. The house is within a very short walk from Stoke Village and a short bus ride to the centre of Plymouth. The house has been re-developed providing a comfortable, safe and homely environment. All six bedrooms are en-suite providing comfort and dignity to clients. There is a sunny back garden complete with pet chickens and Tommy the rabbit. The staff provide high levels of support for people with complex mental health needs. The support focuses on helping clients to develop their social skills, manage behavioural difficulties and medication, build healthy relationships, develop interests and pursue community based leisure, learning and employment opportunities.

Supported Living Services



Recovery-focused support and care for adults with mental health problems or a learning disability

Caraston Hall Support and Housing

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Caraston Living Services

Supported Living Services

Caraston Hall provides **recovery focused support and care** for adults who have **mental health problems or a learning disability**. We offer a choice of accommodation and support options that provide a complete care pathway from intensive 24hr support to semi-independent living.



The orchard at Alphington Road, Exeter

Caraston supported living empowers people, giving them hope for the future so that they can go on to live an independent life out in the community.

Personal care and medication

Caraston Hall is registered with CQC to provide personal care and staff are trained in medication management.



Glenlyn, Exminster, with gardens overlooking the estuary



A Recovery House, Exeter



No. 14 / Warkworth House

We enable people to;

- ✿ Take control of their lives and make choices about their future.
- ✿ Develop key skills in the activities of daily living
- ✿ Take on a meaningful role in the community which can include voluntary work, education, training and supported employment placements.
- ✿ Develop self-management strategies to achieve mental well being
- ✿ Promote and nurture links with family, friends and social networks that support the individual's recovery
- ✿ Develop the skills required for moving into more independent living such as tenancy management, budgeting, managing utilities etc.
- ✿ Meet their spiritual, faith and cultural needs.
- ✿ Develop emotional resilience to cope with normal life events.

You can expect to experience safe, quality and timely care provided by staff who are skilled, knowledgeable and supported in their roles.

Exeter

Warkworth House: 24 hour care and support

Warkworth House offers 10 comfortable, bright bedrooms (6 have en-suite showers) in a spacious house. The service provides high levels of person centred support (including personal care and medication administration) to individuals with enduring mental health and more complex needs, on a long term, short term or respite basis. The emphasis is on recovery from mental illness with a focus on structured activities, building self-confidence, managing and stabilising mental health, aiding and improving life skills and maximising independence. The house has waking staff from 7.30 am to 10.30pm and sleep in staff at night. Breakfast and evening meals are provided along with a domestic cleaning service.

Step-down Houses: Intermediate support

Our intermediate care and support houses offer a bridge between 24hr support and semi-independent living. They are staffed from 8am to 9.30pm or 9am to 9pm everyday but there is no night support. This is ideal for people who need the reassurance of having staff available all day whilst having the opportunity to live independently. Support is focused on enabling people to achieve their personal goals and increasing their independence in all areas so that they can move on into either their own accommodation or step down to one of the Recovery Houses.

Recovery Houses: Outreach support

Caraston Hall has a range of supported living accommodation across ten properties within the St Thomas area of Exeter. The properties vary from large eight bedded houses, four bedded houses, right through to individual flats and studios. Clients have the opportunity to come and visit the properties prior to accepting placement. Some rooms are en-suite and some have a shared bathroom. Support is provided on a 1:1 basis, the number of hours determined by the person's assessed need. Group activities such as cooking, mindfulness, art and craft are also available.

