

About Us



Community Options was established in 1990 and is a specialist provider of services for people who have mental health needs.

Our Mission

To provide personalised support that enables individuals to lead valued and meaningful lives in the community.

What people who have used the service have said:

'The support I have been given has enabled me to get a job in the community.'

'I feel good about how well I have been, living at Repton Road. I have been able to get a job and it is going well.'

'I have lived at Repton Road a while. I like living here. I am close to my family. The staff have supported me to be more independent.'

How to access the service

The service can be accessed via a health professional such as a care coordinator. All placements need to be agreed by the Placement Panel.

Once a referral is received, Community Options will arrange to meet with the applicant to do an assessment within 7 working days. The meeting will ascertain if the service offered is what the person wants and to see if it will meet their needs.

Contact us:

73, Repton Road
Orpington, Kent. BR6 9HT

Telephone: 0208 313 9725

Email: enquiry@community-options.org.uk

Community Options is a trading name of Heritage Care Limited.



Registered Office:

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Registered and licensed by the Care Quality Commission (Provider ID: 1-102643235).
Heritage Care is a Company Limited by Guarantee Registered Number 07211819 and
a Registered Charity Number 1135353. CO/AS11-1118



Repton Road

Providing 24 hour intensive short-term rehabilitation for people with mental health needs.

'The support I have been given has enabled me to get a job in the community.'

CQC overall rating:

Good

www.community-options.org.uk

Accommodation Based Services

About Repton Road

73 Repton Road is an Intensive Rehabilitation and Recovery Registered 24 hour Care Home for adults with mental health and complex needs including dual diagnosis.

The homely and comfortable project accommodates 5 people in a shared environment.

Each person has their own room and shares the communal areas.

Set in a quiet residential road in the leafy town of Orpington it has excellent access to local community facilities and public transport.

Who is the service for?

This service is for people with severe and enduring mental health problems with complex needs including dual diagnosis (mental health needs and concurrent alcohol or drug use issues).

What we can do

- Provide 24-hour flexible staffing to meet individual needs.
- Allocate each person a keyworker who has regular one to one meetings with the person where they can discuss any issues or concerns they may have.
- Create an individual support plan with each person, using the recovery star to assess needs, identify goals and ways of achieving these aims.

- Support a person's mental and physical wellbeing.
- Provide practical support with daily living skills.
- Help people to develop/ build on their life skills.
- Help people to develop budgeting skills and manage your own finances.
- Assist people with accessing services available within the Borough.
- Support people to manage their medication.

Outcomes from the service

People who use these services can expect to have:

- More choice, responsibility and control over their lives.
- Greater independence all areas of their lives.
- Better understanding of their own recovery.
- Coping strategies for managing their wellbeing.
- Increase in their general wellbeing.
- Increased knowledge of the opportunities available to them in the wider community.
- Valued social role and increased confidence.
- Contributed and had a voice in the services provided.
- Support to move on to appropriate accommodation within 2 years.

About Repton Road Staff

We have a dedicated team of Project Workers including an Occupational Therapy Assistant (OTA).

The OTA provides evidence based interventions in areas including: motivation, life skills and communication to support positive outcomes.

Our workers have a range of interests to share including: Music, Gardening, Arts DIY, Sport, Travel, Photography, History, Reading and Cooking .

Staff have a wide range of skills in mental health and recovery including:

- Skills in crisis management
- Motivational interviewing skills
- Specialist working with people with alcohol and substance misuse issues
- Training and approaches in Recovery and Person Centered Planning
- Use of the Recovery Star to promote greater independence for people
- Risk Assessment trained
- Support planning and goal setting skills