

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 has helped me to develop my skills and become more independent.'

'Staff are kind and caring. They have supported me, they listen and help me when I need it.'

'I am treated fairly. I enjoy living at Sandford Road.'

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:

4, Sandford Road
Bromley, Kent. BR2 9AW

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/AS12-1118



Sandford Road

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

'The support has helped me to develop my skills and become more independent.'

CQC overall rating: **Good**

www.community-options.org.uk

Accommodation Based Services

About Sandford Road

4 Sandford Road is an Intensive Rehabilitation and Recovery Registered 24 hour care home for adults with mental health and complex needs including dual diagnosis.

It supports up to 5 people in a shared living environment.

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

It is situated in central Bromley, very close to the High Street and has good 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 Sandford 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 wide range of skills which include: promoting health lifestyles, gardening, sporting activities, organising social events and activities, such as going to the cinema or having a film night, promoting Person Centred Planning, organising recovery based activities

Staff also have a wide range of experience in the field of mental health and recovery including:

- Training and approaches in recovery
- PCP facilitator training
- Promoting independent living skills
- Community lifestyle advising
- Promotion of concordance with medication
- Effective working with people with alcohol and substance misuse problems
- Use of the Recovery star to promote greater independence for people
- Support planning & goal setting skills