

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:

'I really like the staff they help me cook. I like living here.'

'A cool relaxed atmosphere. I really like the movie nights and I like the staff.'

'It's so cool to chill out with my friends here.'

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:

19 Wheathill Road
Penge, London. SE20 7XQ
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/AS15-1118



Wheathill Road

Providing 24 hour continuing rehabilitation for people with mental health needs.

'It's so cool to chill out with my friends here.'

CQC overall rating:

Good

www.community-options.org.uk

Accommodation Based Services

About Wheathill Road

Situated in Penge, Wheathill Road is a 24-hour Continuing Rehabilitation Registered Care Home that provides a service to 5 adults. Each resident has their own room and shares the communal areas of the house and garden.

Who is the service for?

This service is for people with severe and enduring mental health problems with complex needs including dual diagnosis and for people with autistic spectrum disorder.

What we can do

- Provide 24-hour flexible staffing to meet individual needs.
- Support people to manage their mental and physical wellbeing.
- Provide practical support with daily living skills and managing a tenancy.
- Collaboratively develop person centered support plans
- Support people to develop budgeting skills and manage your own finances.
- Provide advice on claiming benefits and welfare.
- Support people to develop their understanding of health and safety in the house and community.

- Support people to access services and activities
- Provide advice and support with education and employment.
- Support with access to specialist agencies, counselling, drug and alcohol misuse, family breakdown services.

Outcomes from the service

People who use these services can expect to have:

- More choice, responsibility and control over their lives.
- Greater independence with all areas of their lives.
- Better understanding of their own recovery.
- Coping strategies for managing their wellbeing.
- Increased general wellbeing.
- Increased social inclusion and community participation
- Improved educational engagement
- Improved access to employment
- Valued social role and increased confidence.
- Contributed and had a voice in the services provided.
- Support to move on to appropriate accommodation within two years.

About Wheathill Staff

Staff provide 24-hour support including sleep-in staff and provision for ad-hoc waking nights.

Staff have a variety of skills and training in the areas of dual diagnosis, mental health, recovery approaches, the recovery star, Autism star, person-centered planning, support planning, risk management and British Sign Language.

The service also benefits from Occupational Therapy (OT) support, including an OT assistant based within the service. In addition to the above they offer support with:

- Communication & Interaction skills.
- Process skills
- Motivation.
- Managing a balanced and productive routine
- Engagement in meaningful life roles and activities
- Skills development within activities.
- Management of health conditions.
- Sensory needs
- Equipment and adaptations