

# Cranbrook Road.

A striking Victorian property situated close to Bristol city centre, Cranbrook Road offers a spacious, relaxed home to five people.

The home caters for people with mental health needs, offering support with everyday life skills in a tranquil yet stimulating environment.

## Facilities

Cranbrook Road is a large house, set over three floors. Facilities include six bedrooms, bathrooms on all floors, the smoking room and gardens at the front and back of the house. The home is set in an excellent location, close to local shops. Although only a stone's throw from the centre of Bristol, there is a strong sense of community in the area.

## Support

Staff at Cranbrook Road support people to learn everyday self-management skills such as taking medication, maintaining good mental and physical health, budgeting and diet.

Staff offer service uses a strengths-led service, supporting people to develop individual strategies to maintain good mental health. Staff help people focus on their strengths and aspirations and encourage people to develop self-awareness and the sense of hope. The emphasis is on enabling people to develop in life despite having an illness.

## Pursuing interests and hobbies

People living at home are encouraged to pursue hobbies and to develop and express their sense of self. In the past, people have attended women's groups, arts groups and one person even took part in a course to become a radio DJ. Another service user particularly enjoys art and has had his work displayed at the Trust's expressions arts exhibition.

## Service at a glance

Type of service: Residential

Number of beds: 5

Location: Redland, Bristol

## Get in touch

[referrals@milestonestrust.org.uk](mailto:referrals@milestonestrust.org.uk)

0117 970 9362

Inspected and rated

Good



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People were supported to have maximum choice and control of their lives and staff supported them in the least restrictive way possible... Staff were caring and supported people to be independent.

CQC Inspection, July 2017

As people become more independent and confident, they often begin to do more things for themselves. Some people at the home self-cater and have learned to cook for themselves and others.

The home is situated close to local bus routes, allowing people to access community facilities with ease.

## **Staff**

The small staff team at Cranbrook Road endeavour to provide a reliable and consistent service for people living at the home.

Each person is offered one-to-one support and weekly meetings with their key workers. Group support sessions are also on offer. Every month that service users are encouraged to review their own progress, allowing them to direct their own support and identify their own needs and achievements.

