

Northumberland Road.

Northumberland Road is a large home situated in the Redland area of Bristol.

The home is part of the Milestones Trust Recovery Pathway service which embodies the values of recovery. The service offers five people the opportunity to develop skills and confidence which enable recovery, whilst living in 24-hour supported residential accommodation.

Living at Northumberland Road

Individuals are involved in their own recovery program from the beginning at Northumberland Road.

Once it has been agreed that person will benefit from the service offered, the period of pre-engagement work takes place. During this time the individual will visit the home at least once a week over a period of some months, to get to know the team and people already living at the home.

The service is very time specific. The program usually lasts around two years but may be longer or shorter depending on individual needs. During the program each person is encouraged and enabled to evolve a highly personalised developmental program to maximise his or her independence. The aim for each person using the service is to begin to plan and live the life they choose.

The team consider a placement to be a stepping stone to greater things to each person.

People are encouraged to assume more responsibility for day-to-day living as they progress, for example managing their own medication and money, and cooking and shopping for themselves for a while. As the confidence increases so does their independence.

Everyone living at Northumberland Road has their own bedroom as well as use of shared areas in the home including a dining room, kitchen, garden and laundry facilities.

Service at a glance

Type of service: Residential

Number of beds: 5

Location: Redland, Bristol

Get in touch

referrals@milestonetrust.org.uk

0117 970 9362

Inspected and rated

Good



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Care and support was effective in meeting people's needs. There were clear plans in place that had been devised with service users in relation to their mental health needs.

CQC Inspection, January 2018

Activities

Staff encourage people living at Northumberland Road to develop and maintain relationships outside of the home. People have joined walking groups, meditation classes and quiz nights as a way of developing new relationships.

Within the home people can attend therapeutic in-house groups if they have a desire. These currently include a music group, art group and a walking group.

The team offer support with enabling individuals to develop personal learning and thinking skills which enable people to reflect, problem solve and manage their own lives effectively.

Many people take day trips and holidays. In the past people have been supported to go on holiday individually to places such as Canada and Edinburgh.

The team encourage people to think about vocational goals and two people recently living at home have been employed in voluntary work. Previous residents have been supported into paid employment.

Moving on

As people progress and develop the skills and confidence, the team can assist them to access the information they need to find suitable accommodation that is more permanent.

Move on support can then be offered to make the transition more successful and the Trust can offer ongoing floating support as needed.

