

# Acramans Road.

Acramans Road is a large, semi-detached home, located in the Southville area of Bristol. It is close to amenities and only a short walking distance from the centre of Bristol.

The home provides accommodation and support for people who may need assistance in maintaining their mental wellbeing and who would like to gain skills to live more independently.

## Facilities

The property provides:

- 10 bedrooms
- Four bathrooms
- Two communal lounges and kitchens
- Laundry area
- Large communal dining areas
- Meeting room
- Large gardens
- Ample parking on and off site

## Support available

The staff at Acramans Road support people by:

- Promoting good health and wellbeing by providing advice on accessing health and social care services, monitoring health and signposting to other services.
- Providing advice and support on issues relating to the maintenance, safety and security of the accommodation.
- Helping people to develop domestic and social skills.
- Offering support and advice on budgeting.

Staff provide packages of support designed in partnership with the individual and their own personal needs. We support people to develop their own toolbox of coping strategies that can be used on their pathway to recovery.

## Service at a glance

Type of service: Supported Living

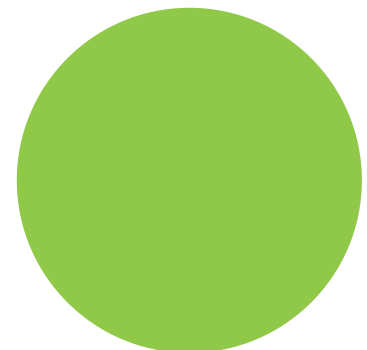
Number of beds: 10

Location: Southville, Bristol

## Get in touch

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

0117 970 9362



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“Acramans Road is a lively home, very welcoming and has a warm atmosphere.”

Sarah Morse, Project Manager

## The Recovery approach

The service at Acramans Road actively promotes a recovery approach, providing assessment, support and other services within a framework of active engagement, positive risk-taking and person-centred planning. The service focuses on mental wellbeing rather than mental ill health, and strives to help individuals stay safe and healthy, build hope, ambition and positive expectations for their aspirations.

The ultimate aim is to enable the resident to live more independently or to move successfully to other accommodation with no or reduced support.

## Tenants' workshops

We run weekly drop-in sessions for the residents which are tailored to their needs. The topic or subject of these workshops are discussed and decided in monthly meetings. The workshops can cover a variety of content, including:

- Cooking
- Arts and crafts
- Focus on wellbeing
- Meditation and time to relax
- Tenancy-related issues.

