

# Wells Road.

Following an extensive redecoration programme, we are now taking referrals for vacancies at Wells Road.

Please contact Wendy Atkinson, referrals co-ordinator, to request an application form or to discuss a referral.

## Our support

Staff at Wells Road offer one-to-one support to enable you to get back on your feet and move on to your preferred accommodation. They will assist you to bid for council flats or to approach landlords.

Support is built around your needs. The home has enabled a number of people we have supported to progress to independent living and to fulfil their aspirations. Examples of how we have supported people to achieve their goals include attending college courses, undertaking volunteering opportunities and pursuing hobbies.

## Facilities

Wells Road has a mixture of self-contained flats and flats that share kitchens and bathrooms.

In addition, the home has:

- Large gardens at front and rear
- Light and airy rooms
- Laundry room
- Additional communal spaces

It is also within a stone's throw of a bus stop, a dentist surgery and local GP practice, with local shops, pubs and parks in walking distance.

## Service at a glance

Type of service: Supported Living

Number of beds: 9

Location: Knowle, Bristol

## Get in touch

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

0117 970 9362

Inspected and rated

Outstanding ★



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Staff were enthusiastic and worked with people to enable them to achieve positive outcomes. They understood their roles in relation to encouraging people's independence whilst protecting and safeguarding people from harm.

CQC Inspection, December 2018

## What's on offer?

At Wells Road you can set goals to work towards becoming completely self-sufficient and we work to support you help achieve these goals.

We can offer to support you with:

- Cooking
- Maintaining your social circles
- Work and volunteering
- Finding your own place
- Budgeting and managing money
- Becoming more confident
- Ready for independence

## The Recovery approach

The service at Wells 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 at Acramans Road that residents at Wells Road are welcome to attend. The sessions give individuals the opportunity to discuss a range of subjects and get involved in activities. 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.

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Where I lived before I felt controlled and my life not my own. Since I have lived at Wells Road I find it a much easier way of living. Staff encourage me to make my own choices and not be intrusive in my life. My room is fine and I am managing well. It is ideally located and I do not feel isolated.

Madeleine

