

## Where you live can have a huge impact on your mental health.

This is why we deliver a range of supported housing services that offer a safe environment in which people can recover and build confidence, helping them feel better equipped to live independently in the local community.



## Maintaining a Quality of life

For some individuals supported accommodation is more relevant in terms of managing a degree of independence and maintaining good health and a sense of security rather than intense focus on recovery.

Support workers get to know the individual within their own environment by building solid relationships which enable them to acquire in-depth knowledge of how the person's condition affects their specific situation. Service delivery is relevant to each tenant and through personalised plans, seek to ensure that support has a positive impact on individuals:

- Feeling safe and respected, and a sense of self-worth is developed
- Managing their accommodation and their money
- Having choice
- Managing relationships
- Feeling part of the community
- Engaging in paid or voluntary work
- Are mentally and physically as healthy as they can be

## Supported Housing - Locations: Kettering

Our supported housing includes 2 houses Clarkson (4 bed) and Warkton (3 bed) with shared living space and gardens. There is also 10 self-contained flats, across 2 different sites, Highfield and Avondale. Avondale has an additional shared communal lounge.

In all these environments, our trained staff work alongside tenants to identify their individual goals and aspirations and the support they need to make these ambitions a reality.

The supported housing route offers a security of tenure for individuals who experience long-term and enduring mental health problems.

## Pennels Rehabilitation – Location: Kettering

Pennels is a large 7 bed house with shared living space and gardens. 5 rooms have ensembles and 2 rooms share a bathroom.

It offers short/medium term supported accommodation (18 months) – aimed at individuals who have rehabilitation needs and are unable to manage their lives independently. This may include individuals making the transition from in-patient care back to the community.

Each tenant will be assessed for abilities for independent living and a personalised re-ablement plan will be drawn up. This plan, and its stated goals, will guide the support offered to the individual.

Individuals sign a Licence and support agreement when they move in. The support is intensive yet at a pace that suits each person. The tenant's forum and house meetings are integral to inclusion and involvement in the life of the house and developing personal responsibility.

## Referral routes – via social care or health

In the first instance contact Kettering Mind's Housing Manager with your enquiry, and a visit can be arranged. An application form will then need to be completed, with a full risk profile attached.

An assessment will then be arranged at the earliest opportunity.

## Inclusion and Exclusion criteria

### Inclusion:

- Have continuing mental health needs.
- Aged over 18 years.
- Have identifiable needs that can be met by the service offered.
- Recognise that they have support needs and are willing to work collaboratively with staff to achieve agreed outcomes.

### Exclusion:

- Have no mental health needs
- Have a moderate or severe learning difficulty
- Misuse of substances with no expressed wish to refrain
- Have no identifiable support needs
- Present a risk to the health, safety or well-being of other tenants

## Funding requirements

Prospective tenants will need to have either a social care or health package in place to apply for vacancies

- Supported housing – Tier level 3 or 4
- Pennells Rehabilitation – Tier level 2 or 3 (and potential sleep in

## Contact :

**Telephone:** 01536 523216      **Email:** [info@ketteringmind.org.uk](mailto:info@ketteringmind.org.uk)

### **Registered Office address:**

Kettering Mind, 49 – 51 Russell Street,  
Kettering, Northamptonshire, NN16 0EN

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# Supported Housing

Supported housing exists to make sure everyone in our communities can live their best life, whatever their circumstances.

