

## Further Information

### How can I access SPH Shortbreak Services?

You will need to be referred by your care manager. You will need to have a learning disability and also be living with your family/carer.

You are very welcome to visit the service and meet the staff.



For further information please contact:

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Great homes,  
positive people,  
strong communities

originHOUSING

# Portnall Road

London, W9

Origin short break service



Great homes,  
positive people,  
strong communities

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## What is a Short Break Service?

SPH provides an outreach and a short break service for people with learning disabilities who live with their family/carer. People who use the service can stay in one of the flats for up to 42 nights per year. This enables the person and their family to have a break, and while they stay the person is supported to gain independent living skills .



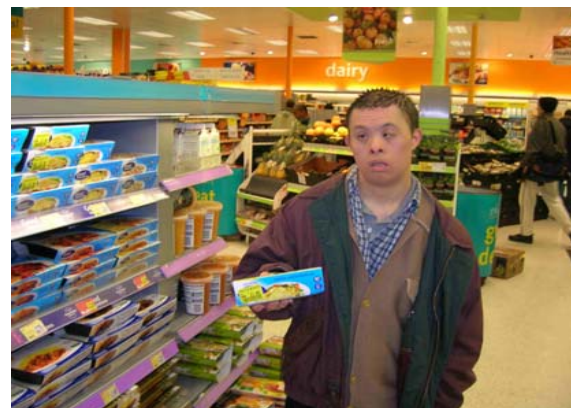
**“ I’m learning how to cook! ”**

For those using the outreach service, a support worker visits the person at home or wherever they would like to meet. We help people to achieve their goals and be part of the community. The service user might like to do a course at college, for example, and we would help them achieve this.



**“ I developed new skills here at Portnall Road! ”**

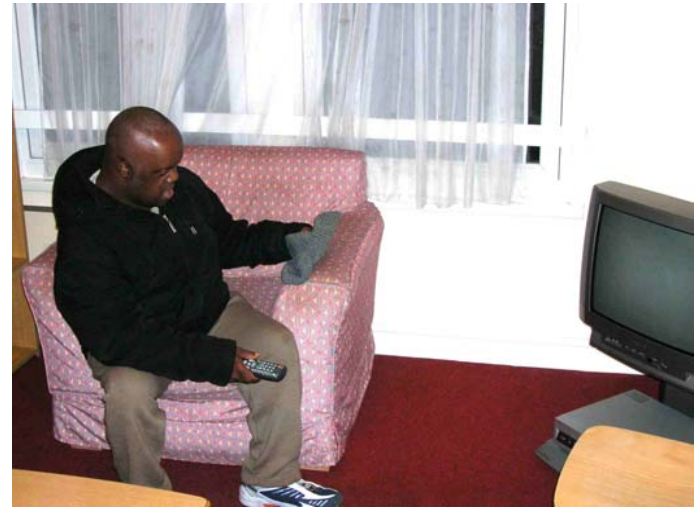
Health & Safety checks are done weekly by the staff and service users. Individuals let us know if they have noticed any repairs that need doing, any repairs are reported to Octavia Housing & Care. Fire equipment is checked on a regular basis.



**“ I can shop for my own food! ”**

Service Users are encouraged to participate in the running of the service. We provide interview training for people who use the service so they may participate in interviewing people who would like to work for the service.

We encourage feedback, and hold regular Carer's Forums, to which all are invited.



**“ I can relax in the flat! ”**

## **The Service**

The service has 2 flats (1 Studio and a 2-bedroom flat). Service users arrange their stay through contacting the manager and making a booking.

The service is available for bookings 7 days a week, including bank holidays.

A support worker is always present in the building when a person is booked in to stay, including overnight.



**“ We get to spend time with our friends! ”**

## Aims and Objectives

- To support people to become part of the community
- To support people to live as independently as possible and as valued members of the community
- To provide a personal support plan, centred on what the individual would like to achieve.



- To enable people to use local services, facilities and voluntary organisations currently enjoyed by others living in the community
- To ensure that individuals receive an agreed level of support appropriate to their needs, enabling development of confidence and personal responsibility.



The flats are fully furnished, and bed linen and towels are provided. The service also includes food for the duration of your stay, which means you are able to go shopping with the support team and choose all your meal items. The service is close to public transport and many shops.

