



Nurturing your future



Supported living for people with
complex mental health needs

Providing supported housing options for people living with complex mental health needs.

Supported living in the North West

We are a leading social care provider offering supported living services for people with complex mental health needs. At SIS, we help people live independent lives through the delivery of bespoke care packages, backed by supported housing options.

All four of our directors are Registered Mental Health Nurses (RMN) and we employ additional RMN to better manage often complex referrals, including referrals from inpatient settings, low and medium secure settings, prisons and from within the local community. Our nurse-led service allows for a greater understanding of mental health issues and medication requirements, and this enables us to manage people with higher risk needs.



Meeting needs and breaking down barriers

We offer support in managing complex and challenging mental health needs, so each person can progress towards increased independence. At every stage we place emphasis on recovery and development, and we aim to break down the barriers and restrictions that people with complex care needs often face.

We offer bespoke care packages which highlight an individual's unique qualities, with 24-hour a day staff support, backed by advanced quality care monitoring systems. Our services include support with tenancy management, budgeting, shopping, cooking, mental health needs, medication, attending appointments, cleaning and personal hygiene.

Each individual is offered a dedicated key worker to develop independent living skills, manage their symptoms and medication, and attend appointments. Assistance is also given to manage finances and attend to domestic duties.

Providing the best support for you

We understand that everyone is different – with different needs that require tailored care and support. At SIS, our approach ensures each individual is offered suitable accommodation, alongside support that encourages skill development and independent living.





Accommodation

We offer a range of high-quality living accommodation throughout the North West with support links for mental health services – reducing relapses and lengthy hospital admissions. Working alongside our partners, Fairhome Care, we have expanded our services to under-represented areas throughout the region.

Tenancy

When providing homes, we secure tenancies in the name of the individual, then offer support to ensure each tenancy is maintained and all daily support needs are met. Everyone should have the right to their own tenancy – with the correct support in place so that individuals understand what is required of them as a tenancy holder.

Recovery and development

We adopt a holistic approach to supporting individuals in all aspects of community living. We promote recovery and growth, and we help individuals to develop their own living skills, with support as they transition into more independent living. The key is recovery and development.

Testimonials

Rebecca's story

Rebecca has been receiving support from SIS since 2018. Before this time, Rebecca spent four years in a secure hospital, she struggled with her mental and physical health, and gained a lot of weight.

Rebecca said: "I worked with my support workers to address some of my issues. I joined slimming world, and up to now I have lost around four stone. This has helped stabilise my mental health as I feel much happier with a healthy diet and lifestyle. I receive help, support and education around choosing healthy options, and I spend time with my support workers, cooking, preparing and eating meals together, which helps me stay focused.

"Staff listen when I need to talk about my mental health and help me to identify better coping strategies. I am proud that I have now gone four years without self-harming, as at one point this was a big part of my life.

"I love living in my flat and I like it to be clean and tidy. I am proud of my achievements. I feel that I couldn't have achieved this without the time, support and dedication from the staff and my family members.

"My next goal is to start college and with support from staff, I am looking into various courses. Ultimately I would like to find a job and start working."

Mike's story

Mike is a 39-year-old with a diagnosis of functional psychosis and a history of being admitted to hospital, dating back to the age of 18. Since June 2014, with the support of SIS staff, Mike has made huge strides in the recovery of his mental health.

Mike said: "SIS have helped me to abstain from the use of illicit substances and I have become a volunteer and mentor within our local drug and alcohol services.

"Since volunteering I've found my self-worth and esteem has come on leaps and bounds. My work is enjoyable, rewarding and fulfilling."

Carl's story

Before he moved to an SIS supported living home in 2015, Carl was admitted to either an adult acute care unit or a psychiatric intensive care unit at least once a month. He rarely took his prescribed medication, was arrested many times, and was drinking alcohol and taking illicit drugs which made him paranoid and aggressive. Carl also spent long periods of time in rehabilitation services.

Since moving into supported accommodation, Carl has abstained from alcohol and has only been admitted to a mental health unit once. He regularly takes his prescribed medication and continues to engage with the Community Mental Health Team. Cannabis remains an issue for Carl, but he is better equipped to manage this.



Referrals

Our supported living service is designed for adults with complex mental health problems, who require support to manage tenancies and activities of daily living. We provide support through a dedicated Community Mental Health Team and our service is available to people who are aged 18 years and over.

The referral process

The referral process begins with an enquiry from a mental health professional, either by telephone, email or letter. We will then ask for a referral form to be completed, to provide us with some brief information about the person and their support needs.

A provisional review of the information is undertaken to assess whether we can meet the needs of the individual who is being referred. If we feel we can meet the person's needs, a full assessment will be arranged between the individual and their care team.

The assessment

During the assessment process, we will speak with the individual, their family, and their care coordinator to discuss the following:

- **The person's current support needs**
- **Areas of risk**
- **What is important to the individual**
- **What they are seeking from the service**
- **The proposed level of care to be offered**

Homes to transform lives

We work with Fairhome Group to provide a fantastic collection of homes. Each property is refurbished to a high standard and designed to meet the needs of individuals.

Foresters – Dorchester

Foresters provides a home for 15 people and includes bedrooms with en-suites, a shared open plan communal kitchen and a living room. Two garden spaces – situated to the front and back – provide the perfect outdoor retreat for everyone to enjoy.

Before



After



Hunters Rest – Leicester

Hunters Rest includes 13 self-contained homes for people with a range of mental health issues and learning disabilities. Each apartment includes a separate bedroom and bathroom, alongside an open plan kitchen/lounge space.

Before



After



The right location for you

We have houses in a range of locations across the North West of England, covering Chester, Crewe, Ellesmere Port, Liverpool, Northwich and Stockport. All housing schemes are managed by experienced mental health professionals and include support 24 hours a day.

Lorne Street

Lorne Street comprises two connected six-bedroom properties in a popular residential area of Chester.

Hungerford Road

A six-bedroom property situated on the outskirts of Crewe town centre, with good links to public transport and local amenities.

Abbots Grange

Located within the Chester area, Abbots Grange is a ten-bedroom property comprising three self-contained flats and seven rooms with shared facilities, including three bathrooms and two kitchens.

Century House

This is a development of 12 self-contained flats, newly developed within a Grade II listed building in Ellesmere Port.

Dane House

Dane House is a recently refurbished development of 14 flats in the centre of Northwich.

Glenarie House

A nursing home in Liverpool 6 for 19 people with complex mental health needs.

Heaton Lodge

Heaton Lodge is a 19-bed, residential home in the heart of Stockport.

Clyde House

A 12-bedroom residential home for adults with enduring mental health needs. Clyde House is situated near to Heaton Lodge and shares facilities and staff to ensure continuity of care.

With a range of locations available, we are confident we can support and accommodate your needs.

Should you require more information about SIS, please visit: www.sis.care or call 01244 649 056.

