



Catherine House is open for referrals

Supported living service for young adults with
profound and multiple learning disabilities in Hackney

**Engaging
Enabling
Empowering**

www.outward.org.uk


part of the Newlon Group

About Outward

Outward, part of the Newlon Group, is a registered charity providing support, care and housing to people in 10 boroughs across London.

We have been supporting people with learning disabilities and people on the autism spectrum for over 40 years. We hold a Good CQC rating for our domiciliary care and registered care home services.

We have a strong commitment of working in partnership with people with learning disabilities, families and professionals in planning individual support packages.

Catherine House in brief

- Support provided for young people with profound and multiple learning disabilities (18-30 years old)
- 8 newly refurbished self-contained flats
- Many flats have a number of adaptations for people who are wheelchair users
- Social and leisure group available to tenants
- Central Hackney location
- Near public transport and excellent local facilities
- Fully trained staff team
- Personalised support provided





About Catherine House

Catherine House is a supported living scheme tailored to provide personalised services to young people, encouraging long term achievements, goals and aspirations.

This newly refurbished property has eight self-contained flats. It is situated in the centre of Hackney, close to local services and transport links and is only a short distance from Victoria Park and London Fields. Over its three floors, this fully adapted environment includes a lift, comfortable communal lounge and dining space for social opportunities.

The service offers tenants a core support package that includes shared waking nights and sleepover staff, and day support tailored to individuals need, with both shared hours and one-to-one support available.

Our fully trained staff team is available 24 hours a day to deliver person-centred support packages that are designed to meet the needs of our young people.

An optional programme of community activities is available each day from our Hub Club, which has a purpose and learning element to each session.

Our support

Catherine House has been developed to support younger adults (aged between 18 and 30) with profound and multiple learning disabilities who might have additional health conditions.

Tenants are offered a wide range of tailored support, advice and assistance, which includes support with:

- Daily living skills
- Personal care
- Support to manage health conditions
- Promotion of independence and decision-making
- Communication skills
- Trying new experiences
- Developing life skills
- Accessing social opportunities, education and volunteering
- Support with finances, budgeting and maintaining tenancy
- Maintaining health, safety and security
- Signposting and accessing other services

The staff at Catherine House receive training tailored to the specific needs of individuals, such as advanced first aid, Makaton and total communication methods, epilepsy management, Positive Behaviour Support and Dysphagia awareness.

Outward has a Positive Behaviour Support Lead, an ASD specialist service and we hold Autism accreditation with the National Autistic Society.

Outward is committed to taking a total communication approach and working to the principals and practice of active support. This enables individuals to be engaged in meaningful activities and have interesting lives.

Inside the building

Catherine House is newly refurbished and offers eight fully accessible one-bedroom flats for rental in a purpose-built property which includes:

- On-site staff office and sleep-in room
- Large communal sitting room with kitchen and dining room for socialising
- Laundry room
- Lift
- Sprinkler system
- Help point alarms and assisted technology as required to support independence
- Patio doors into a garden
- Wi-Fi throughout the building
- Social and leisure group

Each flat has its own front door and an open plan kitchen and sitting room, a bedroom and bathroom. Each kitchen has a washing machine, fridge freezer and cooker. Each bathroom has a level access shower.

In addition, 5 flats have been adapted to meet the needs of individuals who may be wheelchair users, with additional floor space, and kitchens designed with rise and fall sinks/worktops, pull out and pull down shelves and one flat has a rise and fall hob unit.

Opportunities in the area

Catherine House is situated in the centre of Hackney with a range of local services and transport links, and only a short distance from Victoria Park and London Fields.

It is on the main bus routes towards Hackney Central, the Picturehouse, Hackney Empire theatre and a selection of high street shops one way and the centre of London the other. The well-positioned property is also within walking distance of Cambridge Heath Overground Station. The York Hall Leisure Centre, London Fields Lido, Columbia Road Flower Market, places of worship, local shops, bakeries, cafes, restaurants, a florist, deli and cocktail bars and pubs are all nearby. There are a range of courses at New City College as well as other learning and work experience options in the area.

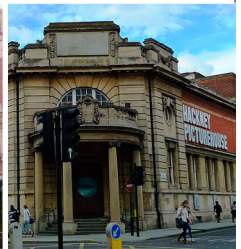
Opportunities within Outward

Outward offers a range of opportunities that people may wish to join in with. This includes the Volunteer Club, the Outward Choir, an annual ball, various social events and a football team. Some of the people we support are also employed to quality-check services that we run. We also run supported holidays at Nutley Edge, our holiday complex in East Sussex.

We also have a local social and leisure group called the Hub Club which is available to tenants at Catherine House and has been established in Hackney since 2015. Hub Club supports adults with learning disabilities and autism spectrum conditions who want fun and engaging day opportunities and activities. The members of the group decide on activities and session contents, and there are partnerships with lots of community organisations. This means that people really get involved with projects happening across Hackney.

Every day is different at Hub Club. Lots of different activities mean people have fun and learn new skills.

Map of area and local amenities



To make a referral or to find out more, please contact the Outward New Business Team:



020 8980 7101



info@outward.org.uk

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