



# HEATON VALE



**Heaton Vale; Non-traditional,  
pro-active and progressive care homes  
in the heart of the Stockport community**

## Heaton Vale

The culmination of 20 years of innovative supported living solutions, City Care Partnership is proud to unveil Heaton Vale, a progressive, community based non-traditional care home offering robust supported independent living solutions with diverse and flexible care packages to facilitate a good and meaningful life

Heaton Vale has been developed to create 10 apartments with separate support staff accommodation, providing modern living spaces that enjoy a wealth of space and light. The key to the success of the redevelopment is the flexibility of the design which will allow us to meet the needs of a diverse range of individuals; these flats have been registered under care home legislation, whilst the majority of the accommodation offers graduated independent living units, with the flexibility of staff on call if support is needed.

The build has been completed with two distinct phases being implemented. Phase 1 has been completed and five flats are now available, with feature flooring, quality kitchens & bathrooms - all are tastefully decorated. Extensive consultation was undertaken to ensure the design of the building and the apartments within are sympathetic to potential support needs whilst fostering and developing independence.

Those individuals supported at Heaton Vale also have a wide choice of activities/services, education, employment, social and sports/leisure opportunities that enable them to lead a good and meaningful everyday life. These opportunities are facilitated through person-centred care and support plans created by a Central Support Team, who are also available to



■ HEATON VALE: DEVELOPMENT

ensure early intervention to avoid any possibility of the service breaking down. This team is also available to support crisis management situations in a non-hospital community environment. There are 2 crisis flats available which also provide safe, intensive PBS support when needed.

Having successfully developed similar independent living spaces at Broom Lane in Levenshulme, in collaboration with Great Spaces and Manchester City Council, we have utilised that experience to further develop the concept of successful living spaces within a community in the heart of Stockport. For more information or to register your interest please visit [www.citycarepartnership.co.uk](http://www.citycarepartnership.co.uk) or call 0161 428 1086.

**Independent Lives, Independent choices.** We provide robust services to meet complex and diverse needs whilst maintaining the rights of all individuals to a full and meaningful life

Care & Housing

Social & Community Activities

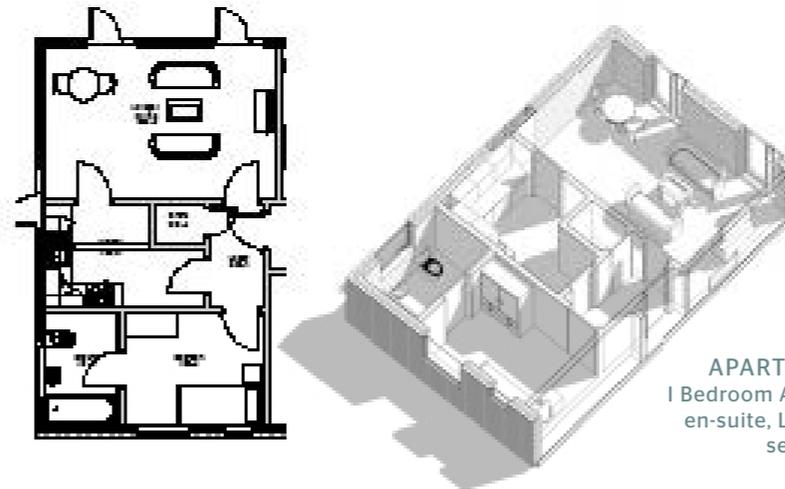
Training & Employment Opportunities

Care and support staff are trained in proactive and reactive strategies, including Positive Behaviour Support (PBS) and follow an agreed person centred support plan which promotes the rights and choices of the individual.

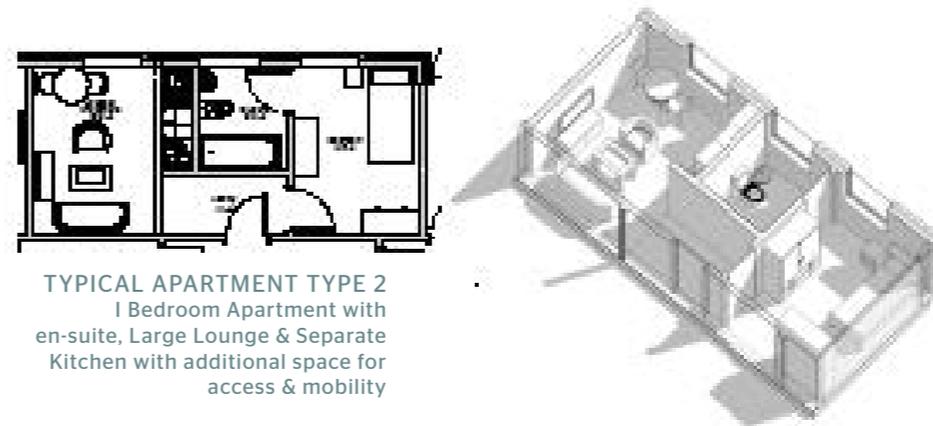
Housing is in quality accommodation in an existing community setting designed to promote independence.

Access to a wide range of activities and the right to choose those activities is essential as activities also facilitate social and personal friendships and relationships. Supporting individuals in a home near their families and friends, and enabling them to be an active and engaged member of their community

City Care Partnership have developed a range of opportunities at the Yew Tree Activity Hub alongside creating employment opportunities through a partnership with 9in10 CIC. This succeeds at the specific aim of creating jobs whilst promoting independence, parity and visibility for the individuals we support.



TYPICAL APARTMENT TYPE 1  
1 Bedroom Apartment with en-suite, Large Lounge & separate Kitchen



TYPICAL APARTMENT TYPE 2  
1 Bedroom Apartment with en-suite, Large Lounge & Separate Kitchen with additional space for access & mobility

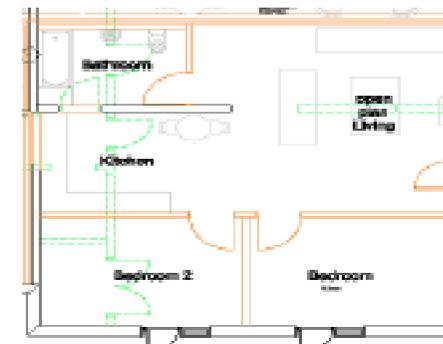
Development Plan:

A range of 1 & 2 bedroom apartments with discreet on-call support and easy access to Stockport Centre and Reddish Vale Country Park



■ Heaton Vale

TYPICAL APARTMENT TYPE 3  
2 Bedroom Apartment for couples /sharers with separate bathroom & large open-plan Lounge & Kitchen



# Central Support Team

## What is the Central Support Team?

We are a specialist group of professionals who provide bespoke support to the people supported and staff teams across City Care. Our philosophy is to support the development of consistent approaches through sharing knowledge which is based on best practice guidance. We will listen to individuals, families, support staff and work in partnership with multi-agency professionals. This will ensure that any help and support we provide is delivered in a person centred manner

Our approaches are grounded in the principles of positive behaviour support (PBS). This provides a values base and positive practices to ensure that people are supported to live and develop their potential in a way that is free from restrictive or abusive practices.

## Key components of this include;

### Values

- Builds skills and opportunities, avoids aversive or restrictive practices
- Staff teams, people supported and families participation informs, implements and validates assessment and intervention
- Quality of life increases, inclusion, participation, valued social roles

### Theory base and evidence

- Challenging behaviour has a function
- Primary use of applied behaviour analysis as assessment and intervention



## Secondary use of other key practices to support behaviour change process

- Functional assessment to inform function based intervention
- Multi component intervention to change behaviour (proactive) and manage behaviour (reactive)
- Implementation support, monitoring and evaluation long term

The work carried out by the CST includes individual assessment and interventions, person centred planning and speech and language therapy (SLT) assessment and interventions. In addition to this we also carry out new referral assessments, transition planning, staff training, and specific group work

## Meet the team:

### Dr Kate Strutt - Clinical Psychologist

I have worked with adults with learning disabilities for over 15 years. I currently provide Intensive PBS strategies, assessment, intervention, clinical supervision and consultancy to managers, staff and people supported by City Care Partnership.



### Laura Walter - Autism Lead and Project Manager

I have been working with individuals with Autism and Learning Disabilities for the past nine years. In this time I have completed an MA in Social Work and Post Graduate Diploma in Autism. I work closely with individuals and teams in order to develop person centred plans and creative support for individuals with Autism.



### Lisa Owens - Speech & Language Therapist

I completed a double honours degree



course in Psychology and Speech Pathology at MMU in 2013. I have first hand experience of autism, as I have a 'grown up' son on the spectrum. He has been my inspiration to learn more about autism. I am also working alongside Laura and Tim in order to raise autism awareness, and implementing sensory diets that are tailored to an individual's sensory profile.

### Timothy Haynes - Central Support Team Manager

I have been working with adults with autism and learning disabilities for over 10 years and as well as being the Central Support Team Manager, I am the Registered Manager of Broom Lane which is City Care Partnership's first autism accredited service. I have a BSc (Hons) Psychology, the NVQ LMC award & Positive Behavioural Support Advanced Professional Diploma and am currently studying for a Masters. I am especially interested in autism and have recently become an experienced Team Member for the National Autistic Society's Autism Accreditation process.



such as art therapy, sexual relations and family forums.

## Other Key Practices

The CST also aims to encourage other key practices to ensure a high quality of support which reduces the likelihood of challenging behaviour occurring.

## This includes;

- Positive social interactions - Support staff value and respect the person, resulting in positive social interactions
- Support for communication - SLT assessments, communication passports training around a total communication approach for carers and support workers.
- Person Centred Planning - Involving all stakeholders and the individual - where possible a meeting should be held to discuss opportunities and learning that are important for the person. These should lead to specific opportunity and learning plans which ensure positive personally important outcomes for the person.
- Support for participation in meaningful activity - using active support to increase meaningful occupation in domestic, work, leisure activities and social interactions
- Consistent and predictable environments with personalised routines and activities - using visual timetables appropriate to person's communication needs that Support staff adhere to
- Support to establish/maintain relationships - staff support the person to maintain effective social contacts and protect the person where necessary
- Provision of opportunities for choice - Decision making is supported in all areas of life

## ■ HEATON VALE: OPPORTUNITIES

# 9in10 CIC

Having strived throughout its 20 year history to promote independence, education and employment for the people we support, City Care Partnership is proud to support 9in10 CIC to further those aims

We formed this Community Interest Company to provide a number of methods for supporting people with Autism and/or learning disabilities into employment in Greater Manchester. We aim to provide specific person-centred training to individuals through an ongoing programme to build confidence through vocal and dance performance, animation and drama. This enables the individual to discover & develop their existing skills, increase their physical and verbal confidence and prepare them for a successful entry to employment.

9in10 CIC not only trains and supports people with Autism and/or learning disabilities into new opportunities, it also pro-actively engages with employers by offering awareness training to HR departments and recruiters. This gives them a clear understanding of their responsibilities under equal opportunities and assists them to achieve the best practice going forward.

We also directly employ individuals affected by Autism and/or learning disabilities in commercial enterprises, empowering them to demonstrate their skills & capabilities, earn a wage and raising awareness of their right to employment and a parity of purpose. We already run an independent Coffee shop & Cafe in Didsbury and are looking to develop further commercial enterprises to provide real first stage employment.



# Yew Tree Activity Hub

With purpose built training rooms for Information Technology, Horticulture and Animal Husbandry, a large fully stocked workshop area and set in expansive grounds, Yew Tree is ideally situated to provide training, skills development and employment

The main aims for Yew Tree are to provide an environment for the people we support to engage in constructive vocational, educational and recreational activities and gainful employment to the level that they can achieve and sustain. This is achieved while introducing individuals to a commercial employment situation and offers opportunities from employment to developing economic micro-enterprises.

### The activities available are:

#### In the workshop

Woodwork, design, individual projects, furniture renovation and creation, shabby chic & decoration, metalwork, & mechanical maintenance

#### 'Harfleet' Centre

Computer skills, communication, arts and crafts and fitness classes

#### Horticulture

All forms of gardening in the allotment and raised beds, wreath making at Christmas, flower arranging, horse riding and equine care. There is also the opportunity for real training and employment as we develop a commercial salad growing facility within the grounds as part of our partnership with 9in10 CIC

#### Kennels

Animal husbandry, dog walking, basic dog obedience, small animal care leading to a range of in-house and vocational qualifications.



# Heaton Vale

From its inception in 1993, City Care Partnership has created a diverse range of supported living models to ensure people with a learning disability have services designed to assist them to thrive within their community, living full and independent lives. Heaton Vale is the culmination of that philosophy...

City Care Partnership Ltd is a high quality, innovative and forward-thinking service provider that is deeply committed to improving the lives of people with Learning Disabilities and Autistic Spectrum Condition across Greater Manchester.

City Care Partnership has a proud history of supporting people in crisis or with behaviours that challenge whilst maintaining that individuals rights and choices. We support people to live and engage with their own community leading full and meaningful lives. With a progressive person-centred care plan and dynamic pro-active support that person can develop and grow to be not just in the community but part of the community, enjoying natural relationships and gaining confidence, dignity and self esteem.

We strive to increase self-determination through an approach that not only puts the individual at the centre of a bespoke person-centred care plan, but builds a particular framework around that person. This will not only enhance and improve existing life skills, but help that individual to choose, discover and develop new ones, exceeding all expectations and supporting individuals to lead a rich and meaningful life based on personal choice.



***Improving the lives and outcomes for people with learning disabilities and Autism***

**Since our formation in 1993, City Care Partnership has developed a range of services with the following key aims**

- Always to put the person first and see their lives through their eyes.
- Ensure that the people we support have rights and choices to control their own lives.
- Develop competence, reduce reliance, build self-esteem and promote independence.
- Build respectful relationships with the people we support and their families and carers whilst ensuring relationships between families are maintained and positive.
- Build a strong relationship with the local area and ensure the people we support are not just 'in that community' but fully engaged members of their local and wider communities living full and meaningful lives.
- Offering a quality service which is value for money.

For more information call 0161 428 1086  
or visit [www.citycarepartnership.co.uk](http://www.citycarepartnership.co.uk)