

**Health & well-being:** Assisting residents to start taking control and managing their physical or mental health by providing care and emotional support whilst engaging in healthy activities combined with concordance of prescribed medication.

**Engaging with services:** Help with keeping appointments and accessing external agencies such as local mental health services, primary health care services, counselling social services, voluntary agencies, disability services or drug and alcohol liaison teams.

**Managing tenancy:** Supporting residents to accomplish the varied skills required to step down to a less supported environment such as personal hygiene, nutrition, budgeting, maintaining healthy living conditions, any antisocial behaviour, complying with terms of the tenancy agreement.

**Resettlement support:** Through collaborating with external agencies we are able to signpost residents and provide advice regarding private rent, housing associations and housing options in order to move on to independent accommodation.

**Maximising income:** Advice to manage and understand welfare benefit, grants, Housing Benefit and other government benefits entitlements. Support with budgeting, debt management and paying bills or weekly service charge.

**Social networks & relationships:** Building positive relationships with friends, family, professionals and the local community.

**Living & life skills:** Facilitating support and training to develop all appropriate practical and emotional life skills in order to confidently live independently such as cooking, shopping, problem-solving, managing risk, stress management, literacy, completing forms and IT skills.

**Education, training & employment:** Promoting commitment to lifelong learning by supporting residents into training that leads on to employment, work placements or voluntary work.

## Live-in-care



## Companionship



## Medication Support



# LYNTON HOUSE

88 Lynton Avenue  
Colindale, NW9 6PE

+44 0736 867 5624  
+44 0208 200 2327

## Welcome To Lynton House



## If our services Sounds Right for You

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## Do Not Hesitate To..

Contact Our Offices On  
**0736 887 5624**  
**0208 200 2327**

**Own Care Services  
Head Office**  
468 Church Lane,  
Kingsbury NW9 8UA  
[www.owncareservices.com](http://www.owncareservices.com)  
[info@owncareservices.com](mailto:info@owncareservices.com)

## ... Who We Are

Lynton House is located in Colindale, Barnet, north-London. It is situated in a quiet residential area. It benefits from excellent local amenities and transport facilities. The property has 4 large fully furnished bedrooms, large kitchen, family bathroom and spacious garden. Most of our accommodation is staffed 24 hours a day by support workers who are committed to providing a stable and secure environment for clients as they work with them to address their needs.

Everything at Lynton House is designed to create an atmosphere of home, safety, warmth and care, whilst keeping its function as an exceptionally innovative and well-run supported living service. We cater for individuals with mental health support needs, recovering from alcohol and illicit substances; have been detained under the Mental Health Act or subject to Home Office or Ministry of Justice Restrictions.