

Communal Living may not be for everyone but there are some important advantages, especially at a time when you may need support.

Not being on your own can be important, the various options for activities and routines can help with motivation.

The other advantages are the greater social opportunities and as other residents will also have staff support, there are increased staff around for ad-hoc support if needed.

You may need to stay on a temporary, or a longer term basis or even come for a Respite break.

We are happy to consider any options with you.

More about Refresh

All our staff are DBS checked, and fully trained, experienced and friendly.

Refresh believes that positive routines, and encouragement of activities are important in maximising recovery and positive outcomes.

We have a very successful record of reduced hospital re-admission.

We are a friendly, family run organisation with over 20 years' experience in mental health and other complex needs.

What we promise most of all, is that we will always treat you as an individual, with respect and dignity at all times and work with you on your recovery path.

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AFTER HOSPITAL



ACCOMMODATION OPTIONS & NEXT STEPS

63 Wimborne Road, Bournemouth
BH3 7AN

TEL: 01202 247271

Accommodation



If you are looking for accommodation, we may be able to help by putting you in touch with a specialist landlord.

Active Support Homes has four houses in Bournemouth

Active Support Homes requires no deposit, no rent in advance and includes everything in one charge so you don't have to worry about bills.

You will have a tenancy, which is unconnected to any support you may require.

Whatever your recovery path might be, your next steps after discharge are very important. You may have a clear plan, but if not, we may be able to help.

Support

Remember – you can get support from Refresh wherever you live, at home or at other accommodation

We all need support in different ways. You had support in hospital and you may still need some support when you leave.

Refresh Support Services can provide you with the support which promotes and encourages the right to independence.

We aim to put you at the centre of your support planning.

As well as worry free accommodation, some people need support with meals, shopping, preparing your own meals, daily living skills, laundry, activities and much more.

We will support you to ensure that all your needs are met.

More about accommodation

With Active-Support Homes you would have your own room and access to all the communal areas, lounge and dining rooms, kitchens, ample bathrooms, gardens, conservatories and smoking areas.

The rent is inclusive so you have no worries about bills for heat, light, Satellite TV in communal lounge, TV licence or Council Tax.

There should be no extra bills at all within your rent.

Access to the house is by coded locks so you can come and go as you wish.

The communal television includes all available channels, Sky Sports and Movies

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