



CALMER SUPPORTED LIVING

- C S L -

Supported Accommodation with a Difference

*“Whatever your background, culture or faith, you are
welcome here and you will feel safe.”*

Supported Accommodation

Holistic Treatments

6-Week Programme



CALL US

07432 808 958



EMAIL

info@calmersupportedliving.co.uk



VISIT

430 Kingstanding Road
Birmingham B44 9SA



OPEN

Monday – Sunday
9am – 10pm

ABOUT US

Supported accommodation with a difference

Calmer Supported Living is part of **Calmer City Living Ltd**, a company we set up to offer supported accommodation with a difference. We bring housing and holistic treatments together, with short-term and long-term homes for vulnerable adults in Birmingham.

OUR MISSION

To guide vulnerable adults into living a more focused, happy and healthier lifestyle using a holistic approach. We aim to help you reach your full potential.

Our values

Respect

Treating everyone with dignity.

Compassion

Understanding individual needs.

Empowerment

Building independence.

Excellence

High quality support.

Inclusivity

Welcoming everyone.

Growth

Continuous improvement.

What makes us different

We don't just provide a roof over your head. Our holistic approach combines:

- 01 **Safe, warm accommodation** of a high standard
- 02 **Holistic treatments** for mind, body and spirit
- 03 **Individual support plans** tailored to your needs
- 04 **Life skills training** to build independence
- 05 **Access to external services** and agencies

WHO WE HELP

Supporting vulnerable adults in Birmingham

Our doors are open to adults from all walks of life who need support and accommodation.



Homeless or at risk of homelessness

Safe, warm accommodation for those experiencing homelessness or at risk of losing their home.



Domestic abuse survivors

Safe refuge for women fleeing or recovering from domestic abuse, with specialist support.



Mental health needs

Support for individuals with mental health concerns, providing a stable environment.



Ex-offenders

Help reintegrating into society with housing and support to rebuild lives.



Substance misuse recovery

Support for those in recovery with a stable home and holistic treatments.



Learning disabilities

Additional support for individuals with learning disabilities.

PROFESSIONAL REFERRALS WELCOME

We accept referrals from social workers, support workers, housing associations and other organisations. Contact us to discuss a potential referral.

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OUR SERVICES

Supported accommodation

We provide safe, warm and welcoming accommodation that enables vulnerable adults to live independently, with help when needed.



Temporary housing

Short-term accommodation for those in crisis or transitioning. Fully furnished rooms with all essentials provided.



Long-term housing

Stable, long-term accommodation for those who need ongoing support. A place to call home while you rebuild your life.

Holistic treatments

We combine housing with holistic treatments, including:



Mindfulness and meditation



Stress management



Confidence building



Nutritional guidance



Physical wellness

The 6-week programme

Our stand-alone programme is designed to help you make positive changes in your life.

WEEKS 1-2

Assessment & planning

Initial assessment, personalised support plan and an introduction to your support team.

WEEKS 3-4

Active support

Individual and group sessions, holistic treatments and life skills training.

WEEKS 5-6

Transition & follow-up

Preparing for independence, an ongoing support plan and follow-up sessions.

HOW TO APPLY

Getting started

Applying for supported accommodation is straightforward. Here's what to expect.

1

Initial contact

Call us on **07432 808 958** or email **info@calmersupportedliving.co.uk**. We'll listen to your situation and explain how we can help.

2

Assessment

We'll complete a tenant form to assess what support is needed, which outside agencies we need to liaise with, and to check suitability for our home.

3

Move in

Once approved, we'll arrange your move-in. Your room will be fully furnished and ready for you.

4

Ongoing support

You'll receive ongoing support tailored to your needs, including access to our holistic treatments and 6-week programme.

Professional referrals

We welcome referrals from:



Social & support workers



Housing associations



Local authorities



Probation services



Health services



Charities & voluntary orgs



Ready to take the first step?

Contact us today for a free, confidential assessment.



Temporary & long-term housing
Fully furnished rooms, ready to move in.



Holistic treatments
Support for mind, body and spirit.



Support that fits you
Individual support plans and life skills training.



Referrals welcome
Social workers, housing associations and other organisations.



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