



# LittleWakingHouse

*We care, you flourish*

“ The ‘home from home’ that enables adults with learning difficulties and/or mental health needs to thrive



*We care, you flourish*

LittleWakingHouse



HOME  
[hōm] n.

a place where one lives, esp. together as a family a place of affection, joy and happiness • a valued refuge and resting place • a habitation offering security and protection, where friendships flourish





“Little Waking House specialises in providing a caring and supportive environment for adults, aged 18 to 65 years, who have learning difficulties and/or mental health issues. Our qualified and caring staff treat all residents with dignity, respect and great encouragement.”

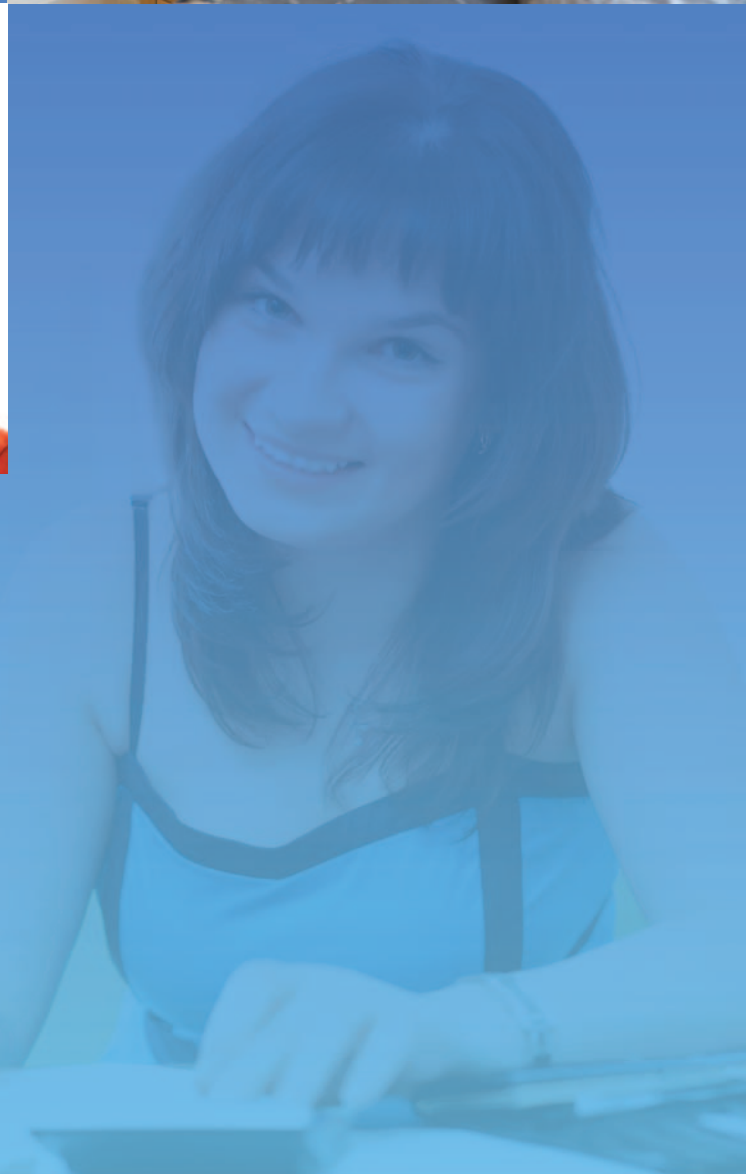
#### We support adults who have:

- Learning disabilities
- Mental health issues
- Specialist needs, including Autism, ADHD and Epilepsy



#### We help them by offering:

- Residential and respite placements
- A homely and personalised environment
- A person-centred approach
- Spacious bedrooms with en-suite facilities
- Support to develop choice, control and independence
- Assistance with moving on



“I feel my son’s needs are being met to a high standard and his self esteem and confidence have increased due to the understanding and patience the staff have shown him.” **Parent**

At Little Waking House individual residents always come first, thanks to our philosophy of individual support with integration into the Community.

We take pride in creating a safe and homely environment, where the unique needs of each person are acknowledged and fulfilled.

Our skilled and caring staff achieve this by working closely with each resident, their advocate and the multi-disciplinary team, to agree a care programme that recognises their rights to autonomy, dignity, choice, fulfilment and independence.

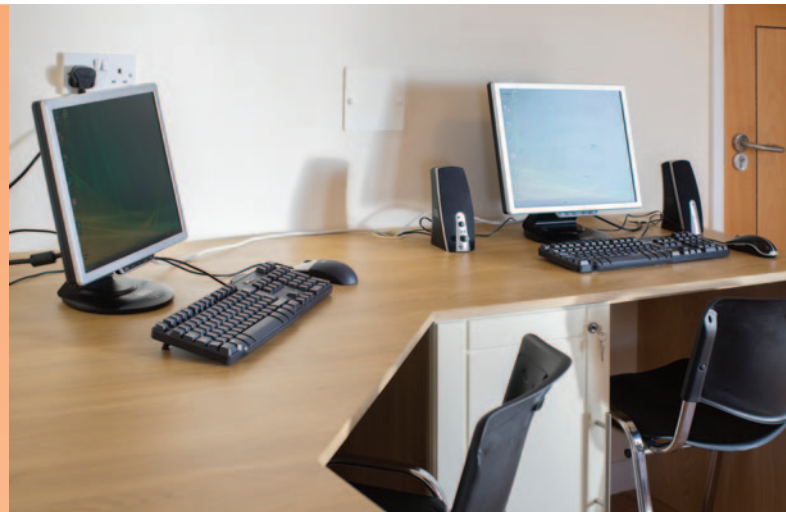


In this way, we create a ‘home from home’ to support each person on their journey to independence, choice and control over their own lives.

### **Supported living**

Our person-centred approach is reassuring and

encouraging, helping residents to make their own choices, work towards their own independence, develop life skills and learn to take calculated risks. Our emphasis is on supported living, giving people the choice to get as much or as little involved in the daily life of their home as they wish.





“I am very happy here, I am really happy with my room and would like to thank the staff for helping me get all my belongings here safely. I am very lucky to be here.” Resident



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### Facilities for life and leisure

Little Waking House has exceptional facilities for all residents. There are 13 bedrooms, each with en-suite washrooms for full time residents. There are also two communal bathrooms..



We also offer lots of facilities for rest and recreation. We have a large and popular garden, plus a lounge with a large dining area. A purpose-built activity suite offers internet access, TV and DVD equipment, arts and crafts materials, a karaoke machine, Wii and PlayStation.



“ I have been on a short holiday, captained a small boat on the Norfolk broads, started my driving lessons and soon I will be going to college to study computers... the staff are also helping me with travel training to increase my independence.” Resident



### Encouraging life skills

We have a strong ethos of helping residents to become more independent, and we provide a kitchen where they can prepare meals and a laundry for washing and drying their clothes. We also offer travel training, support for visiting day centres and clubs and – in some cases – help with getting to and from work.



### Trips & visits

We have a regular programme of trips, which all residents are welcome to take part in. Recent excursions have included visits to the London Eye and Buckingham Palace, boat trips in Norfolk and a day spent at the Imperial War Museum, Duxford.



“It is a great comfort to know that my brother receives the support he needs. The staff at Little Waking House are totally professional yet caring and considerate at the same time.” **Relative**



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**Our people love what they do – and we believe they’re the very best at doing it.**

We employ only staff with a real passion for helping with learning difficulties and mental health needs. They are determined that Little Waking House residents enjoy the best possible quality of life. We also make sure that all colleagues have the opportunity to improve their skills and qualifications.

We are proud of every person who works for our residents, and we look forward to you meeting them.

These are just some facts and figures about our team:

- 95% of staff have at least NVQ 2/3 or equivalent qualifications
- Every person has skills and experience in caring for people with mental health and/or learning disabilities
- Senior staff hold at least NVQ 3 or equivalent qualifications
- Managers hold Level 5 Residential Managers' diplomas
- All staff undertake annual refresher training, governed by the Care Quality Commission.



## Location

Little Waking House is situated in the beautiful village of Little Waking, a quiet area with a good choice of local shops and facilities. There is a regular bus service to nearby Southend-on-Sea, which also has excellent travel links with London and the surrounding area.



## Contact Us

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Little Waking House is an independent residential home for adults with learning difficulties and mental health issues. It is owned and managed by specialist care provider, Eastern County Care Ltd, and regularly inspected by the Care Quality Commission.

