



**Sahara Gardens**  
Forest Gate, London



**Sahara Care**  
Pathways to Positive Outcomes

Sahara Gardens is a five-bedroom home, located next to our Sahara Lodge residential care service, which offers shorter stays for people considering a move to residential care and respite care.

## Our approach

We have used our experience in running care services for long-term service users to develop Sahara Gardens as a dedicated service specialising in preparing people for the transition to assisted living and providing respite care and emergency admissions.

As part of this approach, we have developed a priority criteria and safety assessment process for new admissions.

We work closely with the service user, family friends and other stakeholders to develop a personalised support plan designed to maximise independence and quality of life.

## Inside Sahara Gardens

Sahara Gardens is designed and equipped to the highest standards, to provide 24-hour support in a safe and welcoming environment for service users.

Each of the five bedrooms has its own en suite bathroom and the flexibility of the interior design which means that the space can be easily adapted to meet the individual needs of each service user.

The property also includes comfortable communal areas and well-equipped kitchen and laundry facilities while the wheelchair-accessible, landscaped garden provides an additional resource for service users.

A key feature of Sahara Gardens and Sahara Lodge is the vibrant day service unit, situated at the rear of the premises. Aimed at service users with learning disabilities, autism, physical disabilities and mental health issues, the centre aims to promote independence, inclusion, education and empowerment.

As well as leisure, social and skill-building activities – including meeting up with friends from other day centres, keeping safe sessions and learning computer skills – service users are also supported to attend college courses.

Representatives of outside agencies, including the fire brigade and police, come in to talk about their roles and the centre organises a range of events, including charity fundraising, craft days, open days, sports days and barbeques. It also arranges days out, some just for fun and others with educational elements.



## About our community

The local Tube station of East Ham provides excellent transport links, making it easy for family and friends to visit and for service users to take part in activities in surrounding areas and maintain relationships away from the home.

We are a two-minute walk away from Forest Gate, which has a train station, library, churches, shops, doctor's surgery, and a college.

Stratford centre, which has a cinema, theatre, pubs, a wider choice of shops and further transport links, is a five-minute bus journey away.





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