



**Sahara House**  
Ilford



**Sahara Care**  
Pathways to Positive Outcomes

Sahara House is made up of two adjoining properties. House One is a specially adapted, wheelchair-accessible house for service users with learning disabilities, who may also have physical disabilities. House Two supports service users with learning disabilities and behaviours that challenge. Both have 24-hour staffing.

## The Sahara House approach

The homes provide a supportive environment where service users live together in a thriving community while maintaining their independence and personal space.

We support each individual to live the life they choose, by working with them to create a personal support plan, tailored to their preferences, needs and goals, and delivering as much or as little assistance as they wish.

## Inside Sahara House

**House One** has ten large en suite bedrooms, located on the ground and first floor. The home has an additional two communal bathrooms, one of which is specifically equipped for people with physical disabilities.

There is lift access to all areas and six bedrooms are suitable for wheelchair users and the other four bedrooms are specially equipped for those who have mobility problems.

**House Two** has nine bedrooms on the ground and first floor, all accessible via the main hall or main staircase. All are en suite, with additional showers, toilets and washbasins nearby.

Both homes have a dining/living area large enough for communal meals, entertaining

visitors, social activities or watching TV. Each also has an activity room, for games, painting and arts and crafts, and a room fitted with the latest sensory light equipment.

We prepare nutritious meals in the homes' kitchens, where service users are also supported to cook for themselves. As part of this skill-building programme, service users are supported to use the laundry rooms to do their own washing.

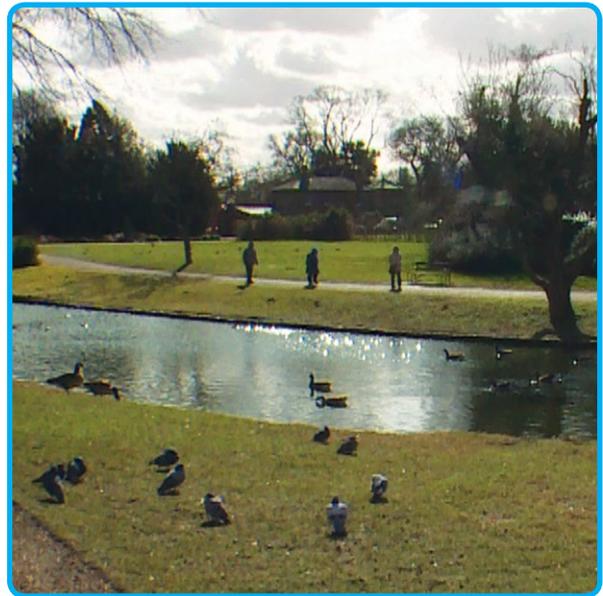
Both homes have a meeting room, where service users can discuss support plans and personal matters in private, and a guest room for visiting family and friends. House one has a wheelchair accessible garden and house two has an 'astro turf' lawn often used for practice by the football team.

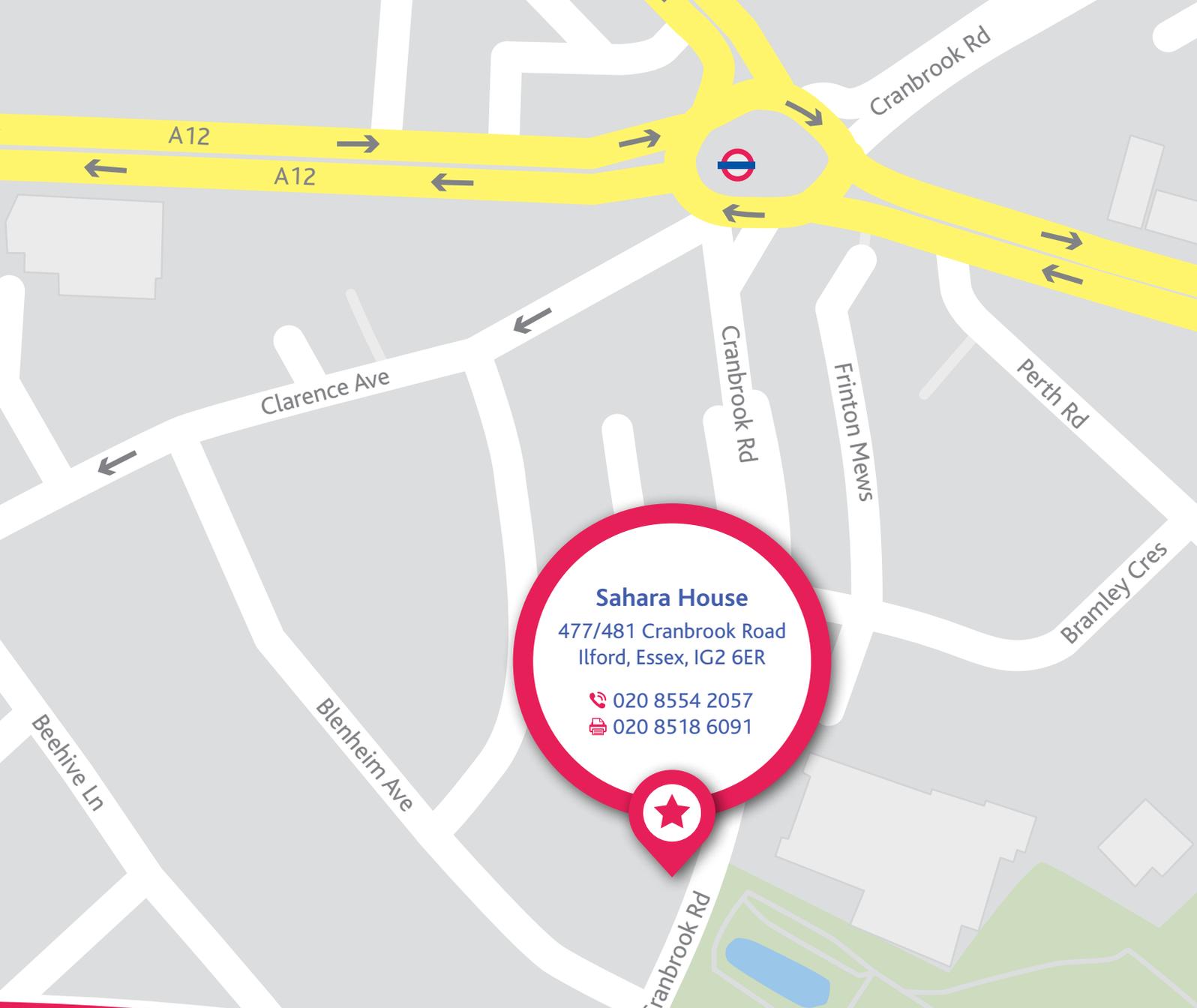


## Our community

Sahara House is opposite Valentines Park and within walking distance of Ilford town centre, enabling service users to access their local community as much as they wish, to take part in sporting or other activities and to visit facilities including shops, a library, a cinema and places of worship.

We have excellent links to surrounding areas and to London via public transport – Gants Hill tube station and local bus routes are a couple of minutes' walk away. The home is close to the main road networks making it easy for service users to take part in activities elsewhere or to visit, or be visited by, family and friends.





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