



SAHARA PARKSIDE APARTMENTS

101-113

# Sahara Parkside

Barking



**Sahara Care**  
Pathways to Positive Outcomes

Sahara Parkside is a new development of architect-designed apartments, providing specialist accommodation, care and support for adults with learning disabilities and who may have other conditions, including sensory impairment, a physical disability or other complex needs.

The apartments enable service users to live as independently as possible, with support tailored to their specific needs.

## Our approach

Sahara Parkside is made up of ten three-bedroom apartments. We provide 24-hour staffing, to provide support and personal care for service users within the smaller community of their own apartment and the wider Parkside family.

Each apartment has a large living area and kitchen and three en suite bedrooms, so that service users can choose to socialise as and when they wish while also having their own private space.

We work with each service user to create a personal support plan, tailored to their needs, wishes and goals. Leisure, training and work-based activities within Parkside enable service users to take part in learning and development programmes that form part of their support plan.

Internet access also enables service users to develop and maintain external interests, friendships and relationships, which we believe contributes to their development and well-being.

## Inside Sahara Parkside

The apartments are located over four floors with access to all floors via stairs and a stylish glass lift.

Bedrooms are equipped for both mobile and less mobile service users. The en suite shower rooms have anti-slip tiling and wheelchair space and some apartments offer fitted mobility and support equipment, such as ceiling tracking and bathroom hoists. Each apartment also has a separate bathroom, with a bath, toilet and washbasin.



The apartments are fully furnished and made welcoming with colourful design and attractive artworks. The open plan kitchens and separate utility rooms are all fitted with state-of-the-art equipment and appliances, to support service users to do their own cooking and laundry.

Communal facilities for Sahara Parkside include a ground floor laundry and kitchen, Snoezelen multi-sensory room and a very large multi-purpose room for leisure, training and work-based activities, ideal for parties, entertaining and community events. There is a small rear garden and a large roof terrace with attractive views over Barking Park.

## Our community

Sahara Parkside is conveniently close to Barking town centre and accessible facilities including a library and shopping centre. We are a four-minute walk from Barking tube station and a similar distance to the local railway station, with numerous bus routes a short walk away.

Our location makes it easy for service users to become involved in their local community as well as to access activities elsewhere and to visit, or to enjoy visits from, friends and family.





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