

How to join us

To join us as a resident at Ludford Road, you will have to fill out a referral form. The referral can be made by local community mental health teams or other statutory service providers, but also by the potential resident themselves or a carer.

Please note that if you want to be referred to us you must have funding approval from Adults and Communities (Local Authority) or be able to meet costs yourself through private payments.

We are not able to take emergency admissions.

Who we are

Birmingham Mind is a registered charity established in 1962, providing a range of services that aim to support and enable individuals in their recovery from mental health difficulties.

We are affiliated to National Mind, which campaigns for improved rights and services for people with mental health problems.

We are committed to ensuring that our services are accessible and responsive to all members of Birmingham's diverse community.

You can download a copy of our referral form and find more information about Ludford Road, as well as all of our other services, on our website:

birminghammind.org

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Contact Information

For more information, please feel free to contact us:

Telephone: 0121 683 8855

Email: info@birminghammind.org

Post: 75 Ludford Road

Bartley Green

Birmingham B32 3PQ



Or get in touch with someone at our head office:



17 Graham Street

Hockley

Birmingham B1 3JR

Telephone: 0121 608 8001

Fax: 0121 608 8006

Birmingham Mind's Purpose

"We will provide high quality services which range from those that support mental wellbeing and health promotion to those offering a specialist recovery based approach. We will challenge the stigma that surrounds mental distress."

Registered Charity No. 1003906

Company Limited by Guarantee No. 2024372

Ludford Road

Residence providing a high support service for up to seven adults who are experiencing mental health problems



Residential Care Home

Telephone: 0121 683 8855

A bit about us

75 Ludford Road is a registered residential care home in Bartley Green. We provide a high level of support for up to seven adults who are experiencing mental health problems. Here we can help people who have more complex mental health needs, including people with dual diagnoses.

People who come to stay at Ludford Road may still be experiencing quite difficult mental health problems. Our staff are trained and prepared to support our residents through challenging periods of mental health. We can give residents intensive one-to-one support and specialised care whenever needed. Our aim in these cases is to support residents as much as possible within the home and to try to prevent readmissions to hospital. However we do also encourage our residents to improve their domestic and social skills and will fully support anyone who wants to move into more independent accommodation.



We have staff here 24/7, at least two members of staff during the day and one staying in the home throughout the night, so that we can ensure our residents have the level of support they need at all times. We can increase staffing levels whenever we feel our residents need extra support, although we do not provide nursing care.

Communal, inclusive home:

We want our home to work for all of our residents exactly how they want. This is why we have monthly meetings, led by the residents themselves, where they can decide together what they would like from their home.



How we help

The support our team offers is based on four key aspects: recovery, hope, respect and personal growth. We focus on:

- Developing coping strategies to manage mental health
- Crisis care in times of distress
- Increasing daily living skills
- Accessing community facilities
- Building confidence, health and well-being
- Building and maintaining friendships
- Developing hobbies and interests
- Education and training



Each resident has a key worker who works with them individually to help them identify their own needs, concerns and goals and then develop a support package designed with these in mind. The resident is therefore central to the creation of their own care plan, because we want to make sure that they are in control of their own lives.

We have good links with the local community mental health teams and other relevant mental health professionals, so we ensure that all residents can have prompt professional support. Our team also work hard to make sure that residents' general medical and social care needs are always considered and supported.

What one of our residents thinks:

“This is the first time I have felt cared for and I would not be here today if it wasn't for the staff that have supported me to believe in myself and have made my life worthwhile.”

What we offer

As part of the support we give our residents, we offer:

- A private room for each resident, which they are free to decorate and personalise however they like
- Dinner cooked by staff each day, and a kitchen available to residents all of the time where they can prepare their own food for the rest of the day
- A pleasant communal garden, where residents can do some gardening if they wish
- No restrictions to visiting hours, so that residents can maintain relationships with family and friends
- The opportunity for each resident to be involved in decisions about the running of the house and to give feedback about the support they are receiving
- A large communal lounge and a separate area for smokers

Where we are

Ludford Road is in Bartley Green. You can get to us easily on the 22 or 23 bus routes.

We are just across the road from some shops, and there is also a post office, chemist, pubs, a nature reserve, churches and more shops just a little further away. There is a large medical practice within walking distance from the home.



Supportive atmosphere:

Our main aim is to support our residents through any mental health problems they experience. Staff and other residents will help people during tricky times. We also work hard to maintain pleasant, comforting areas in the house, like our garden here.