

How to join us

To join us as a resident at Sycamore Lodge, 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 their 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 problems.

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 Sycamore Lodge, 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 377 6280

Email: info@birminghammind.org

Post: 501/503 Slade Road

Erdington

Birmingham B23 7JG



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

Sycamore Lodge

Residence for up to 13 adults who are experiencing mental health problems



Residential Care Home

Telephone: 0121 420 2970

A bit about us

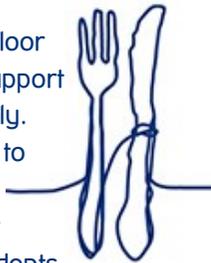
Sycamore Lodge is a registered residential care home in Erdington. We provide a medium level of support for adults who are experiencing mental health problems and we have rooms for up to 13 people.

We have staff here 24 hours a day, so there is always someone around to help whenever needed. But we also encourage residents to do as much as they can by themselves, including essential routine tasks such as cooking, shopping and laundry.

Ten of our rooms are designed for people who need a relatively high level of support from staff. Unfortunately only three of these are on the ground floor, which means that Sycamore Lodge is more suitable for people who are reasonably physically able.

We also have three rooms on the top floor for people who would still like some support but who wish to live more independently.

Residents in these rooms have access to their own kitchens and can cook for themselves all the time. The aim is that living in these flats would help the residents gain the confidence they need to move into their own accommodation, with a more floating style of support.



Focus on skills:

One of our aims is to help our residents gain the personal skills they would need to live independently. This is why we have a training kitchen that residents can use throughout the day to develop their cooking skills.



How we help

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

- Increasing daily living skills
- Accessing community facilities
- Building personal confidence
- Health and well-being
- Building and maintaining friendships
- Developing hobbies and interests
- Education and training



Our staff work with residents individually to help them identify their own needs, concerns and goals and then develop a support package designed with these in mind. We want residents to be in control of their own lives, so we help them focus on their own wellbeing and how to move towards the quality of life they would like to have in the future.

We have good links with the local community mental health teams and other relevant mental health professionals, so we ensure that all of our 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:

“ I like it because there is always someone you can turn to if you need help. ”

What we offer

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

- Breakfast, one cooked meal and a light supper seven days a week, provided by our Cook/Trainer and staff
- A training kitchen where residents can cook for themselves if they wish, with the support of staff
- No restrictions to visiting hours, so that residents can maintain relationships with friends and family
- A private garden where residents can grow their own plants if they wish
- The opportunity for residents to be involved in decisions about the running of the home

Where we are

Sycamore Lodge is on Slade Road in Erdington. It's easy to get to us via bus, on any of the 11, 65 or 107 bus routes.

We are close to Six Ways Erdington Shopping Centre, and just across the road from some shops, cafes, a church and a post office. There is also a medical centre nearby. Just behind us is Birmingham Mind's Beechcroft Centre, which offers a variety of courses aimed at helping anyone with mental health problems.

Warm, friendly atmosphere:

Staff are always considerate and understanding of residents' needs. For a bit of natural atmosphere, we also have a lovely garden which residents can use all the time - whether just for a stroll in the sun or a spot of light gardening.

