

Heron House

Sweechbridge Road, Herne Bay

Heron House is a specialised support service for five individuals with mild to moderate learning disability. Our aim is to support your transition from child and adolescent services to younger adults. Heron House is situated in the countryside village of Beltinge, just a five-minute walk from the seafront, with excellent personalised accommodation.



Service Philosophy

We provide a transition service which endeavours to help you make choices and promote your independence. Our individualised assessment and care plan will help you build confidence in order to reach your goals and aspirations. Our staff team will continuously encourage the development of your social skills.



Expert Care and Support

Dedicated staff will assist you to develop a full support plan to enhance your skills, daily living skills, independence and confidence. We will encourage you to choose your individual interests and hobbies to support your educational, recreational and social development.

We will ensure you have access to health and social care professionals including occupational therapy, physiotherapy, GP services, psychiatry and specialist learning disability teams, ensuring your physical and emotional needs are met in a holistic way.

We are committed to providing the best support to meet your individual needs by ensuring our staff members are highly trained in positive behaviour support and mental health needs. Staff members are encouraged to build on existing links with educational and academic centres to ensure the most up-to-date models of support.

Optima Care recognises the importance and involvement of all key stakeholders in developing and enhancing our services. Active involvement from all parties is encouraged.

On and Off-Site Facilities

Heron House is just a short walk away from Herne Bay sea front. It is located along a main bus route allowing regular access to Herne Bay, Thanet and Canterbury. Our extensive programme of activities includes:

Outdoor activities:

- Beach walks
- Trips out shopping
- Visiting animal parks
- Ice skating
- Bowling
- Swimming
- Dining out
- Cinema
- Horse riding
- Golf
- Support in accessing adult education courses

We also have unlimited use of group holiday homes located at St Margaret's Bay in Dover.

Indoor activities:

- Arts and crafts
- Music sessions
- Preparing/cooking meals
- Gardening
- Eastry Day Centre
- Aromatherapy and massage sessions are also available to those who enjoy alternative medicine therapy

You will also have the opportunity to engage in various fun days and themed parties with the support of staff throughout the year.



Referral Criteria

Heron House will support you if you are a young person with mild to moderate learning disabilities in transition from child and adolescent services.

Heron House
Sweechbridge Road
Beltinge, Herne Bay
Kent, CT6 6TB

Tel: 01227 368932

Optima Care General Enquiries:

Tel: 01372 700 860

Fax: 01372 700 861

Thorncroft Manor, Thorncroft Drive
Leatherhead KT22 8JB

enquiries@optimacare.co.uk

www.optimacare.co.uk