

**Transformation Care Sevices.** Semi-independent living for young people aged 18+

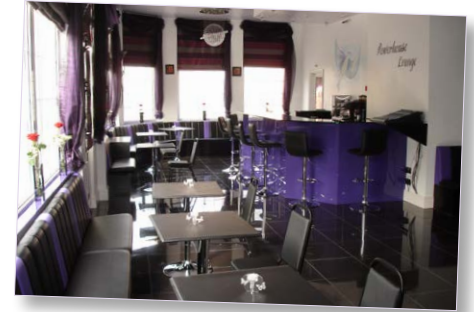


“It’s not just somewhere  
you live, people are  
here to help me and  
encourage me to make  
something of myself.”

**Transforming Lives**



*Transformation*  
Powerhouse Services



Transformation Powerhouse Services is a social (not for profit) enterprise dedicated to the provision of services and support to young women, and in particular to provide housing accommodation, personalised support, and training.

Transformation Powerhouse was started in 2001 and aims to empower young people to see and reach their full potential, irrespective of their previous experiences. To do this, we have created a community that operates as an extended family to provide a safe, caring, supportive, and accepting environment which enables every individual to grow and mature at their own pace and to achieve their goals for their lives.

We support every young person to prepare for taking on their own tenancy and the responsibilities that go with it. This includes a programme to address the specific needs of each young person regarding education, training, employment, health, income, behaviour, lifestyle and/or relationships.

Our houses are more than just a place to live. It is high quality accommodation in a community setting, and our specialist support workers provide regular formal and informal small group and one to one sessions to help the young people develop their practical skills and find the resources to achieve self-awareness, self-worth and ultimately independence.



# Our Service



An initial assessment is undertaken to ascertain the current skills and abilities of each young person. A support plan is prepared through a collaborative process between the young person, staff and their social worker, to ensure their needs are met.

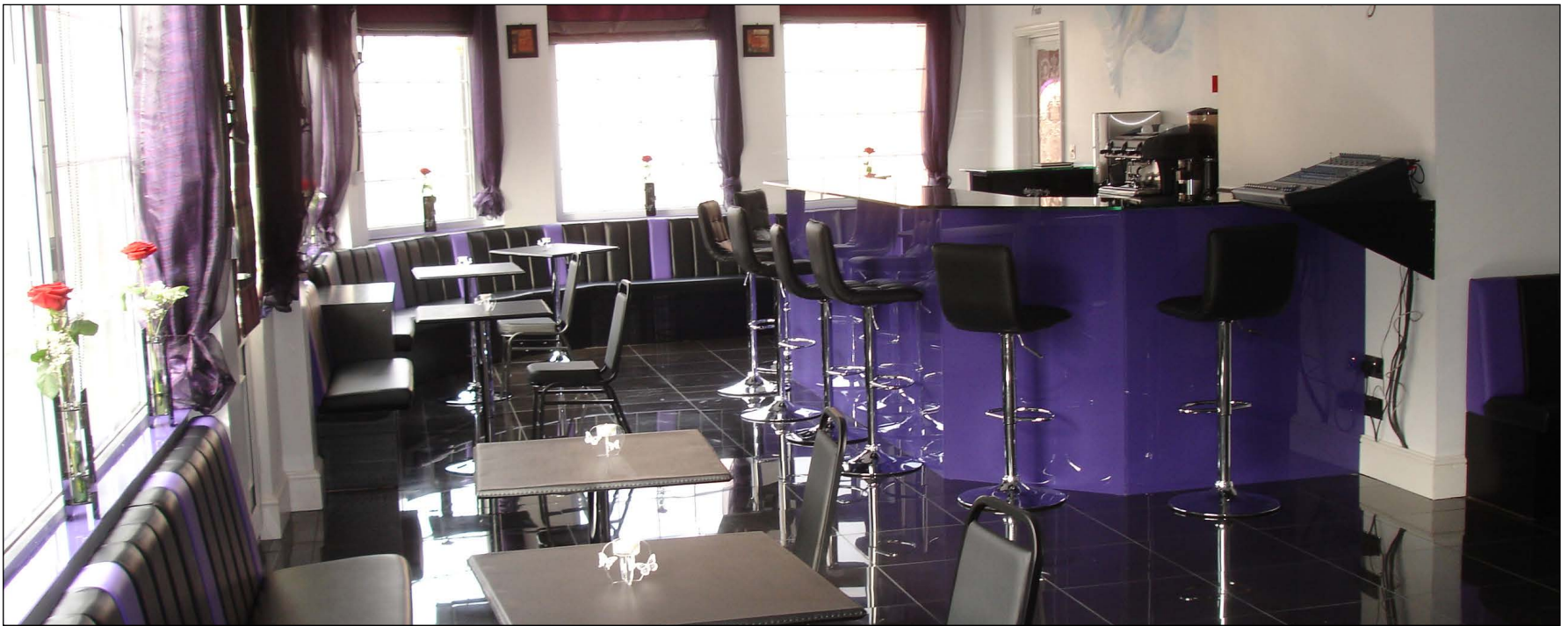
Relevant information may be gathered from other agencies/ professionals involved in the young person's care.

**This plan will include:**

- Health matters including sexual, physical and emotional priorities
- Education and employment
- Independent living and life skills
- Budget management incorporating rents, bills and welfare benefits
- Social skills, self-esteem, confidence and motivation
- Therapy
- Long term accommodation

The support team discuss with each young person how best the needs identified in the support plan will be met. The team will provide support and encouragement to the young people, and ensure they have registered with a GP, optician and dentist. The team will also actively help and support young people into living healthy life styles by advising them on healthy eating, encouragement into sport and recreational activities.

We actively encourage and support young people into further education or employment by making contacts and helping prepare young people for interviews and CV's in conjunction with the local Connections advisor.



### **At Transformation, we will**

- » provide a written monthly up-date report on the young person's progress. The unit manager is available to attend meetings to further plan/discuss the young person's case
- » provide on-going support and assessment to ensure each young person is able to develop their independence skills
- » promote the individuality and identity of the young people we work with
- » work in partnership with young people, (their allocated outreach worker, professionals and where appropriate with their family)
- » review our practices through effective engagement with the young people we support and use of recognised quality assurance frameworks
- » deliver a service that balances safeguarding with the needs of a young person to have independence and choice
- » provide early preventative interventions where needed to minimise the risk of breakdown of a young person's placement
- » deliver non-discriminatory and anti-oppressive professional practice
- » support young people in accessing community based services with particular attention given to needs arising from cultural, religious or other beliefs/practices specific to the individual young person which may not be readily available
- » have a social gathering at least once a week in the Powerhouse Lounge. This will encourage positive socialisation as well as encourage the young women to bring up any issues they want to address.

The Lounge will be a neutral meeting place that will be used for social activities, and to explore hobbies, such as arts and crafts.

# Housing Accommodation



Our high quality housing accommodation is available in multi-ethnic multi-faith residential communities in East Ham with very local shops and amenities, **with the following as a minimum:**

- » own bedroom, with shared communal spaces (i.e. bathroom, kitchen and living room). All are fully furnished rooms in quality and well maintained terraced houses, providing a safe and welcoming environment (max 3 person households).
- » all houses are non-smoking.
- » every house is equipped with all necessary household appliances, including TV/DVD player, wi-fi connection, cutlery and crockery.
- » emergency response for all building related problems requiring immediate attention and 24 hour response to all other repairs.
- » all houses on bus-routes, and within easy walking distance of Newham College, Connexions, East Ham High Street, the Library and Leisure Centre.

» young people are encouraged to use the local amenities and support agencies to enable them to live independently and to grow and mature.

**Each young person that takes up accommodation within one of our properties, will be provided with:**

- » a starter package of personal linen incl bedding and towels (if required) which they can take with them when they move on.
- » one hour personal support per week designed to check on the young person's progress against the support plan and ensure they register with a Doctor, Dentist, optician, housing benefit, and practice good budget management,.
- » call response to any emergency physical, personal or emotional needs. Time used for this will be taken from the one hour support included in the package.
- » appropriate support should the young person have to attend any specific interviews or appointments.
- » additional support hours are available at an hourly rate if the young person needs it.

The progress of the young person is reviewed after a month to determine if their needs are being adequately met.

Additional support is available for the young person's individual needs, and could include one to one therapy, group therapy, and our life skills course. This would be discussed at the initial meeting.



# Staffing

Transformation's management, employed staff and volunteer mentors are all motivated primarily to give something back to others, and are totally committed to the vision and ethos of Transformation.

Our management, staff and volunteer mentors all have relevant and current DBS checks

We have a counselling psychologist on staff who is experienced in working with young people, as well as doing assessments. All our Social Workers on staff have a background of working with young people, and a high level of commitment in working with young people to achieve the change they desire.

Our other support workers are qualified and have many years' experience of working with young people.



# Referral & Acceptance Process

Transformation supports and assist young women from all social, economic and ethnic backgrounds, and of all faiths or none.

## Criteria

- » Young women, aged 18 or over
- » Transformation cannot accept referrals of young people with serious mental health problems, or who are currently dependent on alcohol or drugs. However, we appreciate that there may be mitigating circumstances for individuals, and are open to discussions with the young person and their social worker.
- » For young people that have a history of arson, violence and/or sexual offences, there will need to be discussion to determine what further support they will need.

Referrals for young people that meet the above criteria can be made by phone or [email](#). An appointment will be made for them to meet with the Director of Transformation and also to enable them to visit their potential house, along with their social worker. All young people who are considered for a placement must demonstrate that they are willing to prepare themselves for independence and want to make the most of all that we have to offer.

Each young person will be expected to sign the tenancy agreement and the contract of support.

The contract form will also be signed by the allocated social worker, and the support worker.

Upon leaving supported housing, the young person becomes the local authority responsibility, with ongoing support being provided by the local authority.

# Pricing

Our prices are calculated on a spot price basis and allow for all associated costs including fully furnished housing, personalised support and management overheads. Prices available on application.

**If you wish to refer a young person,  
please send your referral to  
[referral@transformationpowerhouse.org.uk](mailto:referral@transformationpowerhouse.org.uk)  
or in an emergency, phone  
**020 8472 1800.****

For more information and contact  
details visit our website:  
[www.transformationpowerhouse.org.uk](http://www.transformationpowerhouse.org.uk)



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