MORE ABOUT US

SUDBURY HEIGHTS

A home for greater independence.



Ascend Support

part of Transforming



Ascend
Support

More than somewhere to *Live*

Sudbury Heights offers supported living for people who need the right balance of independence, reassurance and personalised support.

Our approach begins with the individual. We take time to understand their communication, routines, strengths, aspirations and support requirements, working alongside families, commissioners and professionals to develop an arrangement that feels safe, purposeful and sustainable.

Support is designed to help each person participate in everyday life, build practical skills, make meaningful choices and become more connected to their community.

WHO THE SERVICE MAY SUPPORT

Could Sudbury Heights be the right fit?

Ascend Support

Sudbury Heights may be suitable for adults and young people transitioning towards adulthood who need personalised supported living and may have:

- Learning disabilities
- Autism or other neurodevelopmental requirements
- Mental health support requirements
- Physical, sensory or mobility requirements
- Complex or multiple support requirements

Suitability is considered individually. We look beyond labels to understand the person's lifestyle, communication, relationships, sensory profile, daily routines and ambitions.

FOR FAMILIES

A carefully planned home, clear communication and a team that takes time to know the person.

FOR COMMISSIONERS

A collaborative pathway built around assessed requirements, positive outcomes, appropriate risk planning and long-term sustainability.



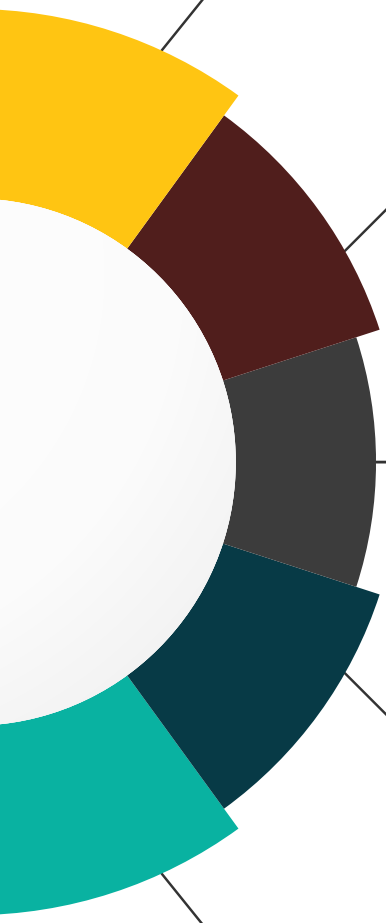
HOW SUPPORT IS DESIGNED

Support built around *Real Life.*

Ascend Support

Good supported living should do more than complete daily tasks. It should create the conditions for someone to feel understood, take part, develop skills and move forward at the right pace.

At Sudbury Heights, support may include:



Everyday Independence
Building confidence with cooking, personal routines, travel, budgeting, household tasks and decision-making.

Meaningful Participation
Creating opportunities for education, employment, volunteering, interests, relationships and community life.

Communication and Wellbeing
Adapting communication, routines and the environment to reduce anxiety and help the person feel more secure.

Positive and Proactive Support
Understanding what may contribute to distress and making thoughtful changes before difficulties escalate.

Partnership Working
Co-producing support with the person and involving families, advocates, commissioners and professionals where appropriate.

The aim is not simply to provide support.
It is to *create* the right conditions for confidence, participation and greater independence.

THE RIGHT SUPPORT FOR PEOPLE

By working with the people we support, their families, and professionals, we can tailor-make care and support that helps them as they embark on their journey into independence. We utilise creative solutions to adapt our support and environment to meet our client's needs. This can include:

- Specialist equipment
- Environmental adiptations
- Sensory lighting and equipment
- Personalised schedule of activities
- Work collaboratively to manage risk and share learning
- Access to regular health checks
- Nutritional support
- Promoting education, employment and volunteering
- For supported living, we offer ongoing support to families through a financial appointee, tenancy management and statutory benefits



ENVIRONMENT SHAPED AROUND THE PERSON

A home *Connected* to everyday life

The right environment can influence how safe, settled and confident a person feels. Sudbury Heights combines private en-suite accommodation with shared areas and a secure garden, creating opportunities for both personal space and everyday participation.

- Mobility and accessibility requirements
- Sensory lighting and equipment
- Specialist equipment
- Environmental adaptations
- Safety, privacy and predictable routines













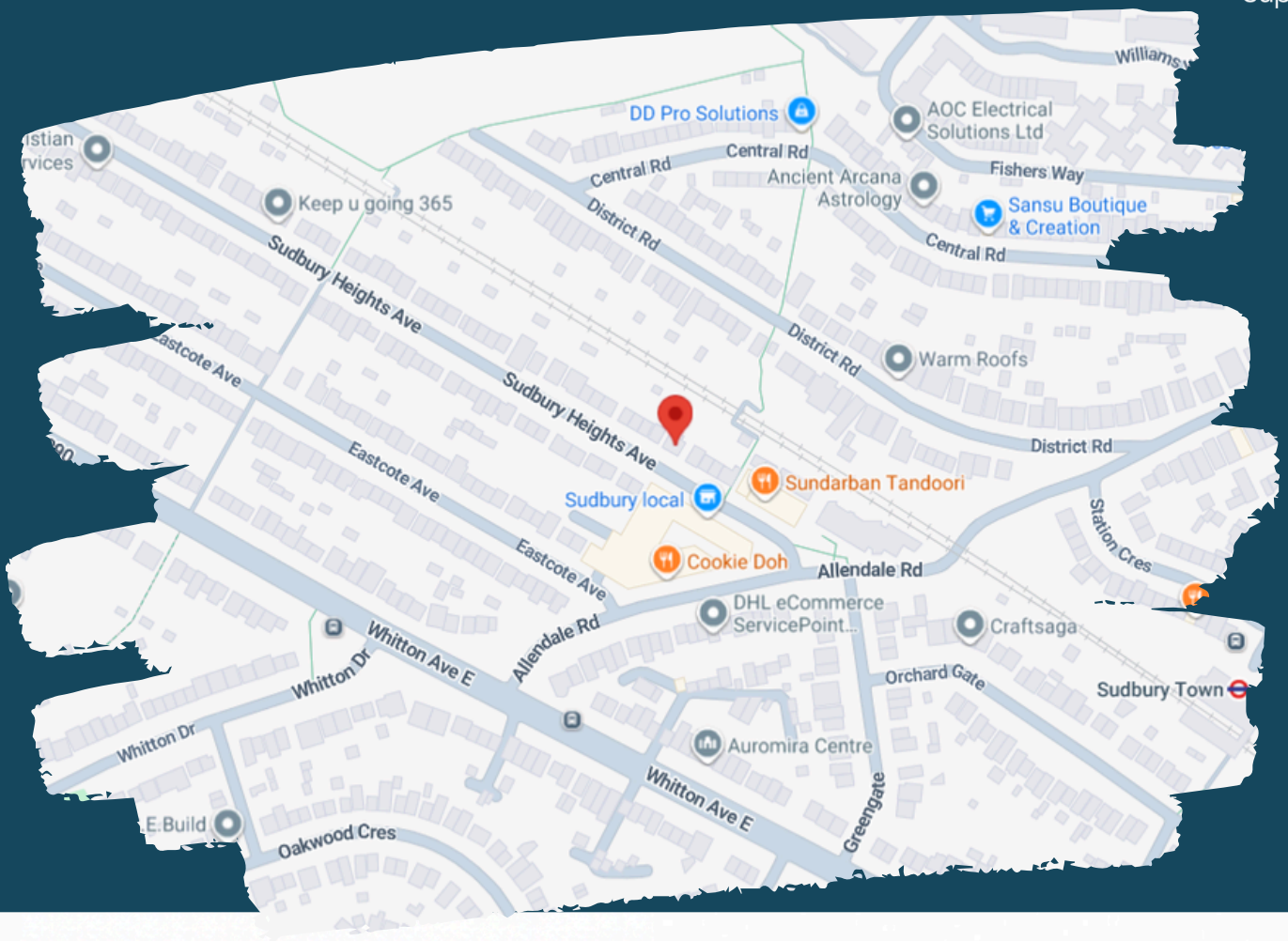




Location & Amenities - Sudbury Heights

34 Sudbury Heights Avenue Ealing | UB6 0LX

Ascend Support



10-minute walk from Sudbury Town Underground Station

10-minute walk from Barham Park

Within walking distance of local shops and amenities in Sudbury Town

Around a 10-minute drive from ALDI in Greenford

A short walk from local bus stops, with connections towards Greenford, Wembley and Ealing

Around a 10-minute drive from Northwick Park Hospital

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PERSON WE SUPPORT'S JOURNEY

1

Assessment

The desktop assessment is the first step in a person's adult social care journey. It helps us understand their situation and decide whether we can meet their needs. If appropriate, we conduct a more detailed assessment with the individual, their family, and professionals to confirm the appropriate level of care and support.

2

Person-Centred Offer of Support

We create a document outlining the required support and funding based on the initial assessment. Once the funder formally agrees, we can begin planning person-centred support and gather the information needed for a tenancy application.

3

Transition Planning

A transition plan is agreed based on the person's needs. During this time, any required adaptations can be made, and the individual is encouraged to visit their new home. This helps build relationships. Where needed, we will also begin recruiting and training staff tailored to their preferences.

4

Environmental Adaptions

If required, our team works with the Environmental Adaptations Manager and Housing Association to design suitable adjustments to the individual's home.

5

Move In

A move-in date is agreed upon by all parties. The support team prepares everything, including care plans and activities. During the first week, the individual is welcomed and introduced to their new home, with clear, accessible guidance on their tenancy.

KEY STRENGTHS

Support Model
Dedicated Keyworkers provide personalised support, with PBS input where required.

Active Support
Encouraging active participation in meaningful daily activities.

Positive Risk Community Enablement
Promoting independence through positive risk-taking and new opportunities.

Nurturing Environment
Creating supportive environments that reduce anxiety and build confidence.

Value Proposition
Greater independence leads to reduced support needs over time.

Wellbeing Outcomes
Working in person-centred co-production partnerships to improve quality of life and outcomes.

Technology-Led Systems
Using innovative systems to enhance transparency and service delivery.

Person Centred Planning
Supporting individuals to achieve their goals and aspirations.

Ascend Support

Our People

Meet the Team



Aisha Ajia
Registered Manager

An experienced service leader overseeing the delivery of high-quality, person-centred support services. She plays a key role in ensuring operational excellence, regulatory compliance, and positive outcomes for the people supported by Transforming Support. Aisha is committed to creating safe, supportive and empowering settings where individuals can thrive and achieve greater independence.

Sudbury Heights Team



Natalie Smith
Regional Director South



Harry Tonkin
PBS Lead



Bukunmi Soga-Odubajo
Group Relationship Manager

Family's Voice

"We just wanted to share how grateful we are for the support our family member receives. From the very beginning, the team has shown genuine care, patience and understanding, making a real difference in their daily life.

The positive impact on our family members' confidence and well-being has been noticeable, and we truly appreciate the commitment and dedication shown every day.

Thank you for everything you do."



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Get in touch:

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