



Social
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Aspinden Care Home

A CQC Registered Care Home
supporting individuals from across
the UK with alcohol dependence.





About Us

Aspinden Care Home is a CQC Registered Care Home for adults with long-term care needs related to alcohol use. The service supports up to 25 individuals of any gender, aged 18+ and can take referrals from anywhere within the UK. Our dedicated staff team consist of qualified nursing staff, fully trained support workers, talented chefs and a CQC registered manager and management team.

Our Approach

Harm Minimisation

The service operates within a harm reduction model, offering a safe and non-judgemental environment for people currently drinking alcohol. While stabilising alcohol use and promoting recovery is essential, we take the pragmatic approach that supervised drinking is less harmful.

We provide support and care that respects everyone, tailored to their needs. We work with other agencies to support people who want to reduce their alcohol use safely. Our alcohol intervention is part of a holistic support plan emphasising areas that positively impact alcohol use, including diet, nutrition, social activities, and community engagement.

Guiding Principles

- Pragmatism – some people are not ready to give up drinking
- Humanist values – respect dignity and rights and avoid moral judgement
- Goal prioritisation – support planning and goal setting to reduce alcohol intake or work towards abstinence
- Focus on the risks and harms associated with drinking
- Maximising the range of interventions available

Techniques

- Discouraging high-strength alcohol
- Delaying first drink of the day
- Lengthening periods of time between alcoholic drinks
- Eating meals and ensuring healthy food is available
- Having an alcohol-free morning or day
- Encouraging 8 hours of sleep per night
- Ensuring water is available throughout the day
- Discouraging street drinking
- Providing drink diaries to monitor alcohol consumption
- Regular inhouse GP health checks
- Positive daily structures, including exercise, reading and volunteering
- Setting daily SMART goals on alcohol use

Benefits

- Improved physical health and a reduction in serious illness and chronic disease
- Regular GP appointments and monitoring harmful drinking side effects
- Reduced anti-social behaviour, including begging and street drinking
- Improved relationships and engagement with support services and networks

- Improved personal care, motivation and positive identity and mindset
- Advice on safe drinking practices
- A stepping stone to access treatment and move on
- Help with taking responsibility for drinking behaviour

Outcomes

Progress at Aspinden Care Home looks different for everyone. For some people, recovery or reduced alcohol use may be a realistic goal. For others, progress may be in reducing harmful drinking, ensuring they eat well, and avoiding street drinking.

Staff work with each person to identify what they are working towards and how they can help them get there.

Trauma-Informed Care

We use Trauma-Informed Care and Compassion-Focused Therapy to train staff to ensure compassion, resilience and competency when working with people with multiple and interconnecting needs.

We focus on the strengths and assets of residents and understand the impact of their previous traumatic experiences, focusing on the person and their journey.



Psychologically Informed Environment

We provide Psychologically Informed Environments (PIE). We reflect on what we are doing and how we can be more effective and empowering residents using a range of tools, including Alcohol Star™

We support residents in working towards the goals they identify as crucial to their quality of life, including as examples:

- Improved self-management of behaviours that negatively impact others
- Building dignity and self-esteem
- Better relationships and connectedness with family
- Developing positive contacts and social network
- Reduction in returns to hospital and escalation into crisis support
- Community engagement



Managing Risk

Aspinden Care Home works with people who are at increased risk, and higher risk for others, including:

- alcohol use-related
- physical to self and others
- risks from falls
- disengagement with support services
- self-neglect

We work with external agencies to ensure we manage and reduce these risks. Our agency partners include GPs, hospitals,

District Nurses, and voluntary and community sector organisations.

Staff complete Risk Assessments and contingency plans with residents to manage potential issues and with the input of partner agencies when relevant.

We regularly review Risk Assessments, including immediately after an incident has happened. Incidents are discussed within the team to analyse how they occurred and minimise the risk of them happening again.

Facilities

Private Rooms

Each resident has a private room with a single bed, washbasin and wardrobe.

Communal Areas

We encourage residents to use all shared spaces, including the dining area, two lounges, the resident kitchen, and the conservatory.

Outdoor Space

We encourage residents to use the property's outdoor areas, including an all-weather covered shelter.

Accessibility

We offer wheelchair-friendly, step-free access to all rooms and facilities with lift access to the first floor.

Catered Meals

Our professional cook prepares three healthy and nutritious meals daily in our onsite industrial kitchen. Mealtimes encourage a healthy diet and provide an opportunity to socialise.

Resident Kitchen

Residents can access a communal kitchen facility to prepare meals or snacks if they want to.

Internet Access

We provide residents with access to a free Wi-Fi network for personal use.

Eligibility Criteria

- Any Gender
- Aged 18+
- History of alcohol use who wish to continue drinking
- Physical and/or Mental Health needs

Exclusion Criteria

- People currently using illicit drugs, including opiates, crack, or cocaine
- People on DoLS (Deprivation of Liberty), where locked doors are required, as the service operates an open doors policy

We encourage you to contact us directly, as we assess each referral on a case-by-case basis.

“Staff are around 24 hours a day. Anything you need to know or want, just ask the staff. They are always here.”

Aspinden Care Home Resident



Equinox

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Equinox is part of Social Interest Group. We believe good care and support improve lives. Our mission is to empower people who are marginalised by building powerful partnerships and creative solutions that bridge gaps in provision and aid recovery, reablement and resettlement.

www.socialinterestgroup.org.uk/aspinden-care-home



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