



BRIGHT HORIZONS

CARE

Support Living

High quality,
person-centred



Person-centred
support



Safe and
comfortable
homes



Empowering
independence



46 Empress Avenue,
Ilford, Essex, IG1 3DD



brighthorizonscare.co.uk



07300 450311
01702 382375



info@brighthorizonscare.co.uk



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About us

Bright Horizons Care provides high-quality, person-centred supported living in **Ilford, Essex**. We offer a safe, welcoming home where adults can live as independently as possible while receiving support tailored to their individual needs.

Our approach starts with the person. We listen to what matters to them, understand their strengths and preferences, and provide support that encourages confidence, choice and control.



46 Empress Avenue,
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Person-centred support

Support is shaped around individual goals, abilities and routines. Residents are encouraged to make choices and decisions about their home, daily life and future.



Safe and welcoming

Our homes are safe, comfortable and welcoming environments where people feel respected, valued and part of a community.



Promoting independence

We provide the right level of support to help people develop life skills, build learn new skills and live as independently as possible.



Experienced team

Our dedicated team is compassionate, skilled and committed to delivering high-quality, consistent support every day.



A supportive home

Our properties are located in safe, accessible areas of Ilford with easy access to local amenities, transport links and community facilities.

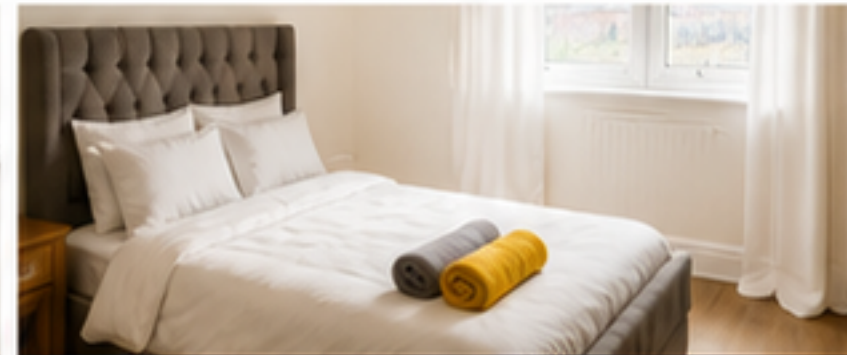
Homes are well-maintained and designed to promote comfort, security and a sense of belonging.



Daily living skills

We support people to build and maintain important life skills such as cooking, budgeting, personal care, managing appointments and household tasks.

Our goal is to help residents gain confidence and achieve greater independence in everyday life.



Community connections

We encourage and support people to stay connected with family, friends and their local community.

From hobbies and social activities to volunteering and employment, we help people pursue the things that matter most to them.

Comfortable living

The accommodation includes welcoming bedrooms, shared living and dining areas and outdoor relaxation areas. The environment supports safety, privacy and encourages residents to do as much as possible for themselves.



Comfortable accommodation

- Comfortable bedrooms
- Open-plan living and dining areas
- Fully equipped kitchen
- Welcoming communal lounge
- Modern fitted spaces

Living independently

Residents are encouraged to develop practical skills, confidence and independence in a home environment that feels safe, supportive and welcoming.



We believe everyone deserves the opportunity to live a fulfilling life on their own terms, with the right support at the right time.



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Housing and Accommodation

Our furnished and well-maintained homes provide a comfortable environment where residents can feel truly at home while receiving the care and support they need.

The homes, in conveniently located **Ilford**, offers local transport links, shops and amenities, helping residents stay connected with the wider community.



Person-centred support

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Safe and welcoming

Our homes are safe, comfortable and welcoming environments where people feel respected, valued and part of a community.



Promoting independence

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- Welcoming communal lounge
- Modern fitted spaces

Living independently

Residents are encouraged to develop practical skills, confidence and independence in a caring environment that feels safe, supportive and welcoming.



We believe everyone deserves the opportunity to live a fulfilling life on their own terms, with the right support.



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Support Living

High quality, person-centred supported living in safe and comfortable homes where independence is promoted, confidence is built and individual needs are at the heart of everything we do.



Person-centred support



Safe and comfortable homes



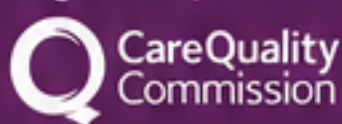
Empowering independence



CQC-registered supported housing

Care Quality Commission (CQC) registered supported housing is similar to supported housing but delivers additional personal care services to people with medium or higher-level care needs.

Regulated by



CQC Registered | NHS Compliant



CQC-registered residential care

Residential care or nursing homes are a long-term care option for people with disabilities or mental health needs who are unable to maintain their own tenancy. Residents are encouraged to live as independently as possible, but will receive a high level of care and support from staff who are onsite 24 hours a day.



Floating support

Floating support is delivered within people's own homes or within the community. Project Workers provide practical support and advice to ensure people can continue to live independently in their own home.



Achieving greater independence

When the time is right, our staff work with the relevant local authority team to support residents to move into their own home and live independently.



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Next steps

If you are considering supported living for yourself or someone you support, we can help you understand the service and what happens next.

1 Initial enquiry

Contact our team to tell us what you are looking for and ask any questions.

2 Discuss needs and goals

We go through the person's support needs, preferences and desired outcomes.

3 Arrange a visit

When appropriate, we can arrange a visit so you can see the accommodation and meet the team.

4 Plan the next steps

If the service is suitable, the next steps can be discussed in detail and a plan created together.

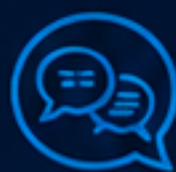


Contact Bright Horizons Care

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Start a conversation

Our friendly team can answer questions, provide more information and arrange a visit to our supportive living home in Ilford.



We are here to help

Take the first step towards independence and a fulfilling life with the right support.



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PERSON-CENTRED SUPPORT • CHOICE • INDEPENDENCE



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Ilford

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