

Amara House

Supported living for adults with mental health needs and substance misuse, helping people build independence in Littlehampton.

CQC RATED

Good

8 beds · Littlehampton

Thank you for getting in touch. Finding the right supported living setting takes careful thought. This guide tells you a little about Amara House and how we can help.

What We Offer

- ✓ **Mental Health Support**
Person-centred support for adults living with complex mental health conditions, helping them manage daily life and build resilience.
- ✓ **Substance Misuse Recovery**
Non-judgemental, practical support for people recovering from substance misuse — often alongside mental health needs.
- ✓ **Daily Living Skills**
Help with cooking, budgeting, cleaning, appointments and building the routines that support independent living.
- ✓ **Community Connection**
Support to access education, volunteering, social activities and employment — building a life beyond the front door.
- ✓ **Stepping Stone Support**
A pathway from residential care to greater independence, with the right level of support still in place.

What Happens Next

1

Get in Touch

Call or email us. We'll listen and understand the situation.

2

Visit Us

Come and see Amara House. Meet the team. See how we work.

3

Move In

We plan a careful transition so the person feels safe and settled.

"Our mission for over 40 years has been helping people live, not just exist. At Amara House, that means supporting people to build a life they're proud of."

— Rebecca Newman-Smith, Managing Director

What Makes Us Different

MENTAL HEALTH ROOTS

Founded by mental health nurse Sue Newman. Now led by her daughter Rebecca. Mental health care is our origin — not a bolt-on.

SMALL & PERSONAL

Just 8 residents. Small enough that everyone is known, understood and genuinely supported.

EXPERIENCED TEAMS

Staff trained in PBS, MI (Motivational Interviewing), mental health and substance misuse recovery. Low turnover means trust.

INDEPENDENCE FOCUSED

Everything we do is geared towards helping people gain skills, confidence and a meaningful life in the community.

Practical Information

LOCATION

Littlehampton, West Sussex. A residential setting close to the town centre with good transport links.

ACCOMMODATION

8 rooms in a homely, supported living environment. Residents are encouraged to personalise their space and make it their own.

DAILY LIFE

Support with meals, daily routines, activities and community access. We focus on building skills and independence.

FUNDING

We work with local authority placement teams across multiple councils. Referrals welcome from social workers and care coordinators.

Compare Your Care Providers

Use this worksheet to compare the providers you're considering. We've filled in our answers — see how others measure up.

Choosing a care provider is one of the most important decisions a family can make. Use this sheet to ask every provider the same questions and write down their answers. Comparing side by side makes it easier to see who truly delivers — and who just says the right things.

Tip: Print this page and take it with you to calls and visits. The provider who gives you the most specific, honest answers is usually the one worth trusting.

QUESTION TO ASK	ASHTON MANOR ✓	PROVIDER 2	PROVIDER 3
Will we have the same staff? Consistency is the single biggest factor in quality care.	Consistent support teams. Staff who know each resident's goals, triggers and progress — essential for mental health and recovery support.		
What training do your staff have? Look for specifics — mental health, PBS, medication management. Not just "fully trained."	All staff trained in PBS, MI, mental health, substance misuse recovery and safeguarding. Specialist ongoing CPD.		
What is your staff turnover? High turnover means new faces constantly. The sector average is around 30%.	Low staff turnover. Experienced, stable team — essential for residents who need consistency and trust to feel safe.		
How will you keep us informed? Who is the main contact? How often are updates?	Named care coordinator. Regular updates and families included in reviews and care planning. Transparent communication throughout.		
What happens if needs change? Can the care team respond quickly?	Support adjusted quickly by the on-site team. Recovery isn't linear — we flex with each person's journey.		
Can we visit before deciding? Good providers welcome visits without hesitation.	Yes. We encourage families and referrers to visit, meet the team and see how the home works before any commitment.		
What can't you support? Honest providers know their limits. If someone says they can do everything, that's a red flag.	We're honest about our limits. If someone's needs go beyond what we can safely support, we'll tell you and help find the right setting.		
What is your CQC rating? Check cqc.org.uk . Look at Safe, Caring and Well-Led.	Good — across all areas. Independently inspected by the Care Quality Commission. VERIFIED — CHECK OUR REPORT ON CQC.ORG.UK		
What are their reviews like? Check carehome.co.uk and Google. Look for detail, not just stars.	We welcome honest feedback. Our reviews on carehome.co.uk reflect real experiences. Read them carefully rather than counting stars. ★ ★ ★ ★ ★	☆ ☆ ☆ ☆ ☆	☆ ☆ ☆ ☆ ☆
Your Overall Feeling	✓		

A perfect 10/10 review score might look reassuring — but is it realistic? Genuine care providers earn honest feedback, not flawless ratings. Trust the reviews that feel real. Trust your gut.