CentroCare

Empowering journeys to independence

Referral information

For professionals and commissioners

CentroCare provides supported living and care at home for adults with mental health needs across Cambridgeshire. We work with local authorities, NHS mental health teams and other professionals to support people moving towards more independent living.

Who we support

Adults aged 18 to 64
Living with mental health needs.

Supported living
Six self-contained one-bedroom flats at 69 to 71 Park Road, Peterborough.

Care at home
Personal care and support in people's own homes across Cambridgeshire.

Flexible packages
From a few hours a week up to 24/7 support.

What support includes

- Help with daily living, meals and personal care
- Medication reminders and support
- One-to-one emotional support and time to talk
- Therapeutic activities, such as art and mindfulness
- Peer support and links with the local community
- A support plan from day one, reviewed together

Every flat includes

- A separate living room and bedroom
- A double bed and wardrobe
- A small kitchen with fridge and hob
- A private shower room, toilet and basin
- Its own front door, with shared social spaces

How referrals work

1. **Get in touch**
   Use the referral form on our website or email us with the person's needs and timescales.
2. **Assessment**
   We meet the person and agree whether we can meet their needs.
3. **Planned start**
   A support plan is in place from day one and reviewed together.

Online referral form
centro.care/referrals

Email
contact@centro.care

Address
71 Park Road, Peterborough, PE1 2TN

Please use initials only on the online form and send personal details by secure email, such as NHSmail. We'll collect full details securely once we've spoken.