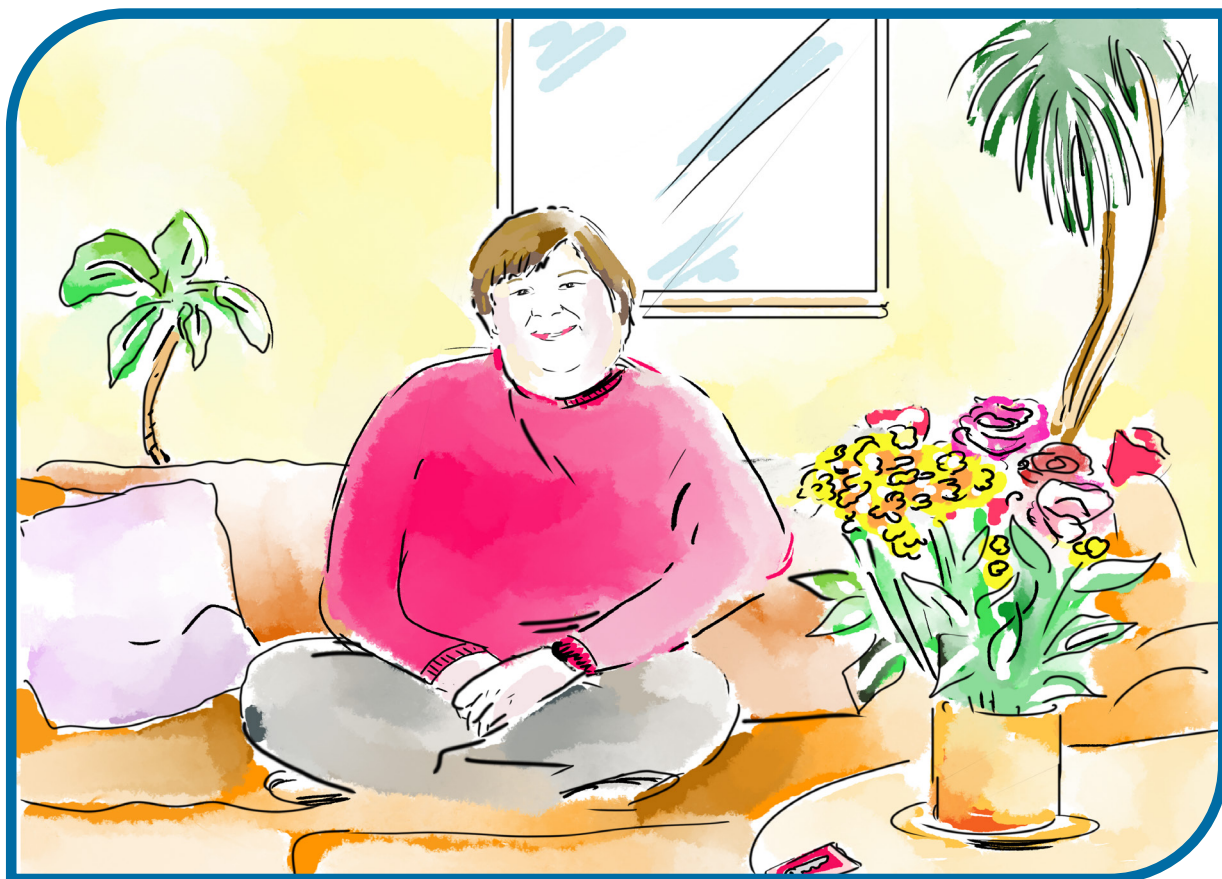


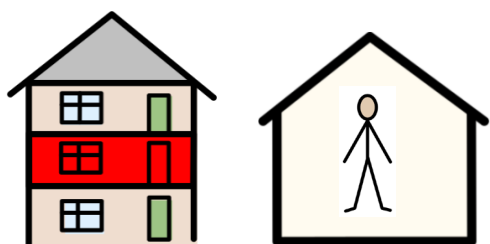


Your guide to Supported Living with Cygnet

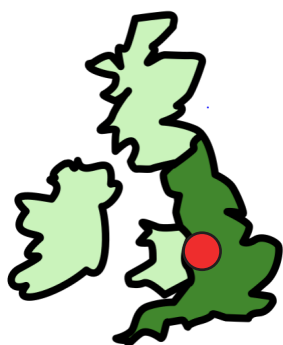
Birmingham, West Midlands

Supported Living, Ashbrook

Birmingham, West Midlands



Cygnets runs 16 supported living apartments.



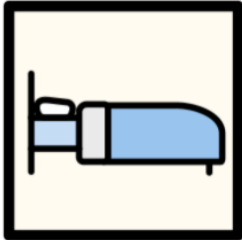
These apartments are in Birmingham.



Our apartments are for 1 person. This means you will live by yourself. You will not share your flat or house with another person.



You will have your own:



- bedroom



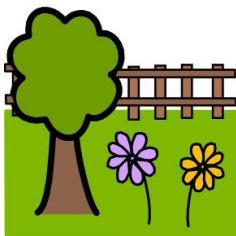
- bathroom



- kitchen



- living room



- garden

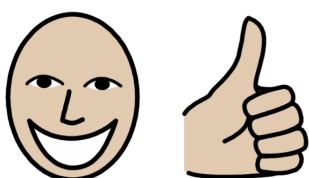
About Supported Living



Supported living is an important step towards independence.



Being independent helps you make more choices about the life you want to live.



We will make sure you have what you want and need in your home.



Staff can help you with activities and help you to learn new skills.

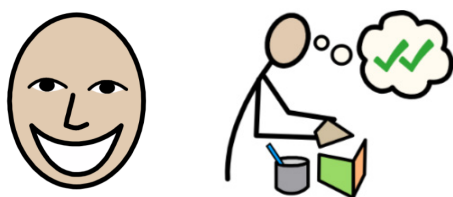
How we support you



We will talk to you to find out what you like to do.



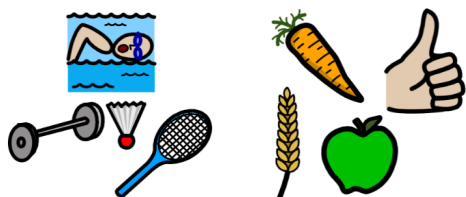
We will work with you to achieve your goals and dreams.



We help you build your skills and confidence.



We can remind you to take your medicines.



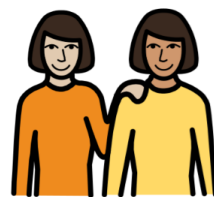
We can help you live in a healthy way.



We can help you to go clothes shopping and keep your clothes looking nice.



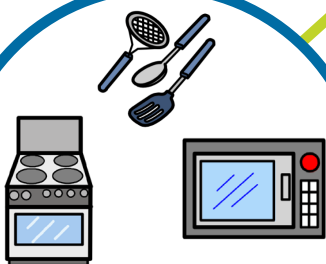
gardening



meet new
people



housework



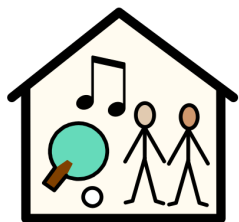
make food



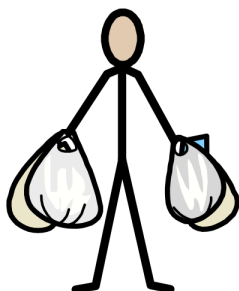
to look after
your money

What skills
would you
like to learn?

We can help you to:



- join clubs and social groups



- go shopping



- keep in touch with friends and make new friends



- see your family



We will support you to look for a job if you would like to work.

Paying for things



Cygnet gets money to support you.



The money pays for people to support you.



Here are some examples of the things you can also spend your money on:



- clothes



- household bills and rent



- getting your hair cut



- activities you want to do

Your notes

[illegible]

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CYG_ER_222a | Date of Preparation: 13/09/23



Accessible
Information
Standard