



Your guide to Supported Living with Cygnet

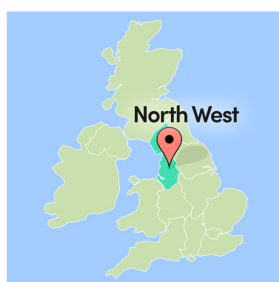
Preston, North West

Supported Living, Preston

North West



Cygnnet runs a house in Preston.



Preston is in the North West of England.



The house is for 1 person. You will not live with another person. Staff will support you when you need it.



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

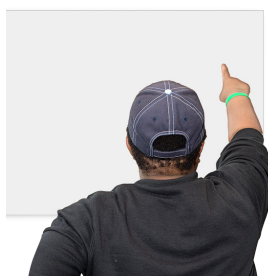


- living room

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.



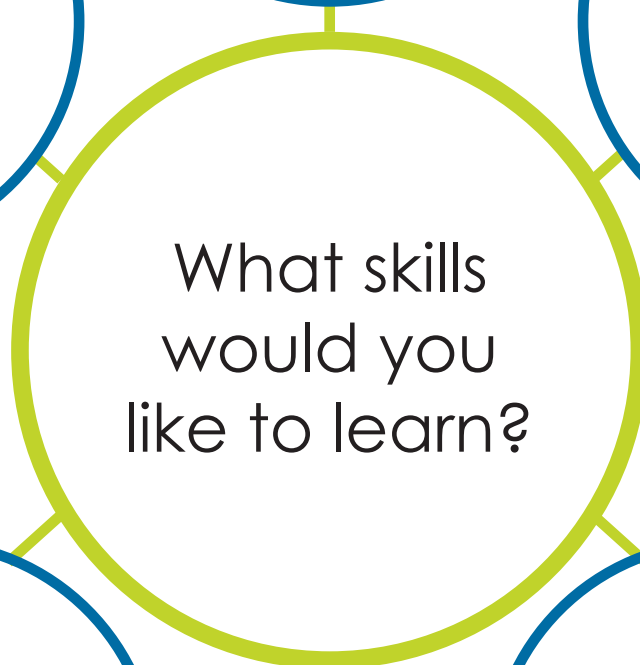
gardening



meet new
people



to look after
your money



What skills
would you
like to learn?



make food



housework

We can help you to:



- join clubs and social groups



- go shopping



- keep in touch with friends and make new friends



- see your family



- get a job or work experience

Paying for things



You can use your own money to pay for these things:



- clothes



- household bills and rent



- getting your hair cut



- activities you want to do



Cygnet gets money to support you.



The money pays for people to support you.

Your notes

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