



Your guide to Supported Living with Cygnnet

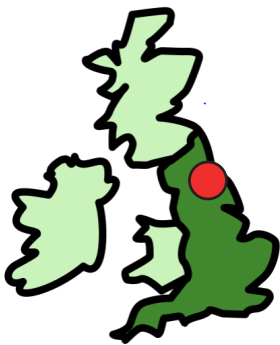
Darlington, North East

Supported Living

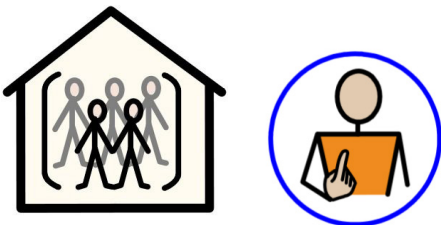
Darlington, North East



Cygnets has a bungalow in Darlington. Up to 4 people can live here.



The bungalow is in Darlington, this is in the North East of England.



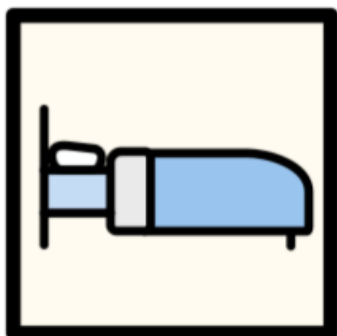
You will be supported by your own staff team.



They help you live as independently as possible.



You will have your own:



- bedroom



- bathroom

You will share these rooms with other people:



- kitchen



- living room

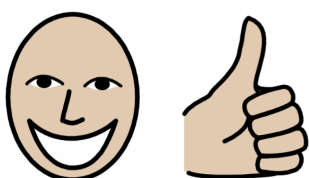
About Supported Living



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.

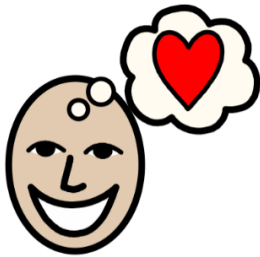


Staff can help you with activities and help you to learn new skills.

How we support you



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



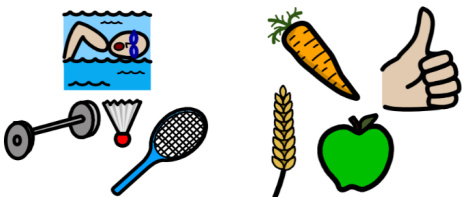
We will work with you to achieve your goals and dreams.



We help you build your skills and confidence.



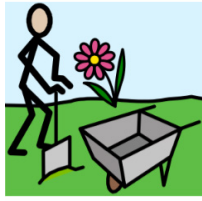
We can remind you to take your medicines.



We can help you live in a healthy way.



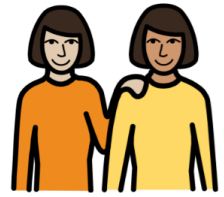
We can help you to go clothes shopping and keep your clothes looking nice.



gardening

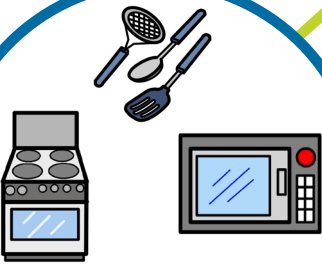


to look after
your money



meet new
people

What skills
would you
like to learn?

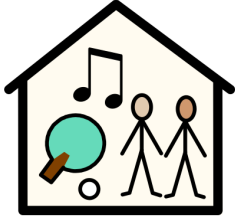


make food

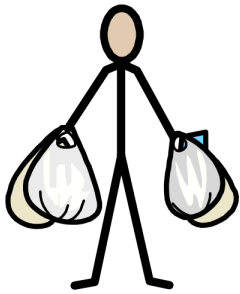


housework

We can help you to:



- join clubs and social groups



- go shopping



- keep in touch with friends and make new friends



- see your family



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.



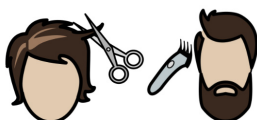
Here are some examples of the things you can also spend your money on:



- clothes



- household bills and rent



- getting your hair cut



- activities you want to do

Your notes

Address

Cygnets

4 Millbank, 3rd Floor,

Westminster,

London,

SW1P 3JA

Telephone

0207 123 5706

Website

www.cygnetsgroup.com

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