



Your guide to Supported Living with Cygnet

Darlington, North East

Supported Living

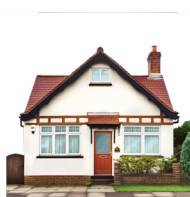
Darlington, North East



118 Woodland Road,
Darlington,
Co Durham,
North East
DL3 9AG



Cygnets runs the bungalow based in Darlington. Darlington is in the North East of England.



You will share the bungalow with up to 4 other people.



You will be supported by your own team of staff. They help you live as independently as possible.

You will have your own:



- bedroom



- bathroom

You will share the kitchen and living room with the other people who also live in the bungalow:



- kitchen

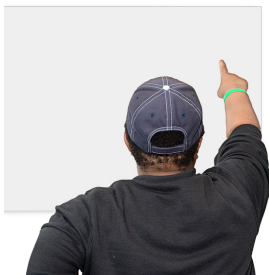


- living room

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.



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



- 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



Cygnets get money to support you.



The money pays for people to support you.

Address

Cygnnet
4 Millbank, 3rd Floor,
Westminster,
London,
SW1P 3JA

Telephone

0207 123 5706

Website

www.cygnnetgroup.com

CYG_ER_222c | Date updated: 21/10/24



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helping us make this easy read.

