

## Learning Disability Week Peter's story

June 2024

**Peter, 72, has lived at Station Mews, Sanctuary Supported Living's supported housing service for people with learning disabilities in Telford, for over 20 years.**



Before he moved to Station Mews, Peter had always lived with his mum, who was his main source of support, until her health began to decline, and she moved into a nursing home. He then moved into a flat on his own for a while, but found that it wasn't what he wanted. He felt very isolated, and unsafe, until his social worker suggested trying a supported housing flat, as he would be closer to other people and have on-site support available.

The Station Mews team provides regular, personalised one-to-one support, and also gives Peter that extra peace of mind that someone is always on-hand, should he need them. He has two keyworkers, who he has regular meetings with, but he also works closely with the rest of the team to ensure he feels happy and fulfilled. They support him with day-to-day tasks including grocery shopping, planning and preparing healthy meals, budgeting and managing his money, and maintaining his tenancy.

Before he retired, Peter worked at a nearby Holiday Inn as a kitchen helper for 15 years, and he still keeps in touch with the friends he made there. He has also made lots of friends within Station Mews, which helps him feel included and play an active part in life at the service, including enjoying several holidays – both together with his Station Mews friends, and independently. Thanks to regular support from the staff, he is also able to access social activities and events within the local area, so that he feels part of the community.

Over the past two decades, Peter has made Station Mews his home. He is very proud of his flat,

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and he has decorated it exactly how he wants it, including displaying all his favourite items which remind him of treasured happy memories.

When asked what he thinks of life at Station Mews, and the Sanctuary Supported Living team, Peter doesn't hesitate: "Since moving here, I have been accepted for who I am - I am part of a community and my opinions matter. I think all the staff are great too. I know that I can ask any of them for support, and I will get it.

"I feel that life is so much better for me now. I am happy, I have developed new skills, and I am more independent and confident. The team support me to live as independently as I can, and they encourage me to do as much for myself as possible. I love living at Station Mews, and I can't imagine being anywhere else."

*Peter's story has been shared to mark Learning Disability Week 2024, organised by Mencap. This year's theme is "Do you see me?", which is about people with learning disabilities being seen, heard and valued.*

*As well as services for people with learning disabilities, Sanctuary Supported Living also provides accommodation with personalised support for people with physical disabilities, mental health needs, and homeless young people and adults, as well as retirement communities for people over 55 or with long-term care needs. To find out more about Sanctuary Supported Living's services, see the latest news or find a service near you.*

