

RESIDENT STORY



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For 72-year-old Sally Abrahams, moving to Sanctuary Supported Living's Sarnes Court in North London changed her life.

Eight years ago Sally was living in cramped and cluttered accommodation which, by her own admission, made her “really unhappy”. Life became increasingly difficult and there was growing concern for her health and wellbeing.

That's when she was referred to Sanctuary Supported Living and since moving into a one-bedroom apartment at Sarnes Court, which provides support for adults with

learning disabilities, things have gone from strength to strength.

“I love it here because this place is mine and I have so much space to store my personal items,” said Sally, who is also the longest serving resident at Sarnes Court.

“Before moving here I felt alone and like I had no one to turn to for help and advice. I felt as though I was stuck in a rut and sometimes it felt like there was no escape. Now, I am the most independent I have ever been. I have a brighter outlook on life and everything it has to offer. Although I have always been somewhat independent, I

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find things easier to do on my own now as I know I have the support should I need it.”

She explained: “My main support needs are with personal care, medication, cleaning and cooking. Staff always respect my wishes with everything they support me with and I do as much as I can by myself, with guidance from them if I need it. Staff will also support and escort me to watch rugby when Saracens are playing at home. I am a very independent woman and I like to do as much for myself as I can but there are little things that I just can’t do by myself.”

Sally, who has worked in a day centre and a medical practice, as well as for charities, is now the service’s activities organiser, a role in which she thrives.

She said: “It’s a job I take very seriously, and I will help out with any of the activities. My favourite activities are bingo, karaoke nights, movie nights and cultural food events. I like to get involved as much as I can.”

Sally also volunteers in the office at Sarnes Court, where she welcomes visitors and answers the phone.

“I love living at Sarnes Court and I would always recommend this to any friends or family because I couldn’t be happier than I am now,” Sally said. “I have made so many friends since moving here. The care and support I receive is brilliant. I can’t fault it. I never complain about anything. The staff will go above and beyond to help me if I ask for it.”

