

# RESIDENT STORY



“

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Sam from Chelmsford credits the support he received through a supported housing service with helping him to feel less isolated and more independent.

The now 22-year-old moved into Sanctuary Supported Living's Nickleby Road, which provides accommodation and support for adults with a range of learning disabilities, after his mum died in early 2018.

Sam said, “At first, I felt very alone. I really relied on my mum, so when she passed away, I was very sad and didn't know what I would do.”

Slowly, Sam's self-confidence grew, and he began to socialise with his housemates and the other residents at the service. With regular support and input from staff, he completed a support plan and started to work towards achieving his personal goals. This included building up his skills in cooking, budgeting and managing a tenancy. He also began searching for jobs.

Today, thanks to the personalised support he has received to build his skills and increase his confidence, Sam works in a local supermarket. In his spare time, he is passionate about helping out in the service's garden, as he likes growing plants and

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keeping it looking nice for everyone at the service to enjoy. He aims to one day set up his own tree surgery business.

Sam commented, “I feel much more confident and independent, and am managing my finances really well. The staff are always very friendly and caring, and the service itself is so homely and welcoming. My key workers played an important part in helping me secure my job.”

