

Meet Melanie

Supported Living in Sapley, Cambridgeshire



Melanie's history

Melanie moved in following a breakdown in relationships at her previous home. Melanie's brother is supported in our neighbouring home and the family approached the social worker to ask if Achieve together could support Melanie as well. They were so happy with the support Melanie's brother was receiving and how far he'd come since moving here, and wanted the same for their daughter.

First steps

Melanie struggled a little bit at first as it was a totally different environment from her previous home. With lots of opportunities to do various activities in and out of service, it was overwhelming as it was something Melanie wasn't used to.

The team worked with Melanie, her social worker and family to find ways in which to support Melanie in a person-centred way. Melanie found it difficult to manage her emotions and time was spent working with her to find ways in which she could express her emotions.

Melanie enjoyed spending time discussing the things she liked and didn't like, and said she hoped to be able to go on holiday one day and loved the idea of being able to visit Disneyland Paris - this was her goal!

Ongoing support

After initially sharing a bathroom, a bedroom became available with an en-suite, we asked Melanie if she would like to move into this room instead and she happily agreed. This has helped to slowly build a better relationship with her peers where there was previously tension.

Melanie is now really settled in the home, she is becoming more independent and is keen to learn new skills. Melanie regularly takes part in activities with her peers from other local homes and particularly enjoys going to the dance ability disco at a local pub, having a dance and a cider.



Melanie's progress

Since moving in Melanie's confidence has grown in abundance. There's been a huge difference in Melanie since she moved into her new bedroom, now she has her own bathroom space and appears to have settled into life here a whole lot better. Melanie achieved her goal of going on holiday to Disneyland Paris with her peers and support workers. She had the best time and threw herself into the whole experience, even going on the big rides for the first time ever! Melanie had never been on holiday before without her family and the whole holiday was a huge success, she can't wait to do it again.

Looking to the future

Melanie would love to go back to Disneyland Paris again and experience other holidays. She's also keen to learn new skills around the house to enable her to be more independent in the future.



Kirsty's thoughts

"I'm incredibly proud of Melanie and the team, how they've coped with the change. I was lucky enough to be one of the team members to support Melanie to Disneyland Paris and to see how much that trip meant to her and how much she loved it reminded us why we do this job".

Melanie's thoughts

"I was excited to move here because my brother lives next door. I have done lots of nice things here, my favourite thing was going to Disneyland. I loved the hotel, the pubs/bars, parades, rides and firework show, I can't wait to go again. I love the support workers, they take me out, help me with lots of things and they are funny".

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