

Meet Peter

Supported Living in Sapley, Cambridgeshire



Peter's history

Peter moved in after living in Spain for 30 years with his parents. It was the first time Peter had lived independently from his family, and he was nervous but excited. Naturally, it took him time to adjust to the new environment and not being with his parents, but he wanted to become more independent.

First steps

When Peter first moved in he was quiet and spent a lot of time in his bedroom. As Peter got to know his new housemates and the team he started to come out of his shell.

When he first arrived, Peter was unable to cook or carry out household tasks, but he was keen to learn. Peter didn't know the local area and was anxious about going out and about, so during Peter's 1:1 support sessions, he was supported to get to know the area and learn new routes.



Ongoing support

Peter has settled in very well and has made lots of new friends. He was supported to buy new furniture for his bedroom, making it more homely and to his own style.

The team noticed that Peter struggled with his sight whilst he was out of the home and Peter was supported to arrange an Opticians appointment. He has since been referred to the hospital for further checks and is currently waiting for follow up appointments to discuss surgery, that the team will support him through.



Peter's progress

Peter has grown in confidence immensely and is now able to carry out life skills with very minimal support such as using the washing machine and cleaning. Peter's cooking skills have come on so much and he has even taught the team how to cook some Spanish meals like Paella. Peter enjoys going to the local pub to have a pint or two and a couple of games of pool with his friends. Peter celebrated his 50th birthday since moving in and had a big party, Peter loved the party and said he was emotional at how much effort the team put in for his first ever birthday party. There have been so many "firsts" for Peter since moving in such as going on a train, doing his own shopping, going to a disco, watching a live band, the list goes on!

Looking to the future

Peter is very confident with the new skills he has learnt since moving in and is working towards being more adventurous with his cooking skills.

Peter has said that he would like to go to Disneyland Paris or back to Spain for a holiday and to see his friends.

Kirsty's thoughts

"Peter has become so independent, and it's been amazing to watch how much Peter's confidence has grown since moving in. I'm very proud of Peter and all that he has and all he continues to achieve".

Peter's thoughts

"I feel good living here and I feel proud of myself for becoming more independent. I love doing all the activities and learning new things. The support workers are friendly, fun and they are helpful. I feel more confident going out now and I have made lots of new good friends. Moving here has been the best thing ever. I have made my mum proud of me."

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Fun



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Things
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