

Meet Paul

Supported Living in Gayton, Norfolk



Paul's history

Paul arrived from a Residential Home in a move that was aimed to help build his independence. Initially, he was isolated and disengaged. Paul would sleep during the day and adopted a nocturnal routine. His motivation was low, he had low self-esteem and confidence, alongside a persistently low mood. Paul would be paranoid and untrusting of those around him. When it came to going out, he experienced anxiety and required 1:1 support, which limited his independence and opportunity to build connections.

First steps

During the first few months the team focused on building trust, establishing a healthy routine, and encouraging small steps towards engagement.

Paul was supported with a consistent level of 1:1 support to help him feel safe when he went out. The team introduced gentle structure into his daily routine to help shift his nocturnal pattern and increase daytime activity. There were challenges around motivation and anxiety, so the team adapted their approach by working at Paul's pace, offering plenty of reassurance, and celebrating small achievements and goals to gradually build his confidence and self-esteem.

Ongoing support

Through person-centred planning, it became clear that Paul enjoyed practical and hands-on activities and wanted to feel useful and part of his community. These preferences were built into his support by introducing opportunities that matched his interests. Paul was supported to attend several practical courses such as bricklaying, carpentry, and a gardening project.

Paul is now supported to maintain an active and structured lifestyle. He regularly goes for walks, contributes to gardening tasks and shows a strong willingness to help others. He is motivated, eager to take on new challenges, and continues to build on his independence every day.



Paul's progress

A key milestone in Paul's journey has been his voluntary work. He's now successfully engaged in two different voluntary roles, working three days per week.

When volunteering at the local village hall, he helps prepare meals for the community. This role allows him to meet new people and build positive relationships. The feedback from the Manager was extremely positive "Paul is well-liked, valued, and has made a meaningful impact within the community".

Paul's journey is a powerful example of how the right support, opportunities, and encouragement can help an individual overcome barriers, build confidence, and lead a more fulfilling and connected life.



Looking to the future

Paul's confidence and independence continue to grow. Moving forward, he will build on his voluntary work, further develop his skills, and potentially explore more independent or paid opportunities. He is motivated, eager to keep learning, and is continuing to expand his involvement in the community - creating a positive and fulfilling future for himself.

Danielle's thoughts

"I am so proud of Paul for reaching above and beyond his goals and watching him grow into the person he is today. Paul's confidence, independence, and positive impact on the community are inspiring".

Paul's thoughts

"From when I first moved in, I had no idea what I was letting myself in for but thank you to the team, it was so much better than I ever worried about, there have been low times but I have had more good than bad. I do at times still get a little depressed but I find ways to cope with this and I have a lot of people to help me when I need it. The biggest step was the first time going shopping on my own and starting my first voluntary job".

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