

Meet Danielle

Supported Living in Wokingham, Berkshire



Danielle's History

Danielle moved into our Supported Living home in Wokingham after experiencing some challenges in her previous house. Since moving in, the team have focused on getting to know Danielle, building positive relationships, and creating a warm, supportive environment where she feels safe, valued, and encouraged to thrive at her own pace.

First Steps

During Danielle's first few months, she settled in well and began building relationships with both the team and the other young people in the home. As expected with any move, there were times when Danielle missed her previous home and the familiar routines and people, she had there. At times, she found it difficult to fully understand why she could not return, which occasionally led to some emotional moments. However, throughout this period, Danielle responded well to reassurance, consistency, and the nurturing support around her. The team worked closely with Danielle to help her feel safe, listened to, and included, while encouraging her to develop new routines and positive experiences within her new home. Over time, Danielle became more comfortable and showed growing trust in those supporting her.

Ongoing Support

Recently, the team have continued to reflect on the level of support Danielle needs and it has become clear that increased support hours would greatly benefit her wellbeing. The team are actively working alongside professionals to explore this further, with the aim of ensuring Danielle receives the support she deserves.

Before moving into her new home in Wokingham, Danielle had formed friendships with some previous people in her prior home, which unfortunately, were not always positive for her. However, this became an important learning opportunity, and overtime Danielle has begun to rebuild confidence and develop a better understanding of what healthy friendships and boundaries are. The team have worked closely with Danielle to help her recognise the qualities of positive relationships and build upon her self-worth. Additionally, the community nurse has completed some focused work with Danielle around friendships, which have provided her with valuable insight and strategies moving forward.

Danielle's Progress

Danielle has made positive progress during her time in her new home, particularly in developing trusting relationships, building her confidence, and becoming more open to support and guidance. Although there have been challenges along the way, Danielle has shown resilience and an increased understanding of her emotions, friendships, and personal boundaries. She has responded well to consistent reassurance and nurturing support, and the team have seen encouraging progress in her ability to communicate her feelings and engage in more positive routines.

Danielle's thoughts

"It has been great, fantastic and supportive. Staff have helped me to choose my friends and how to talk to friends better and guide me to help me. They help with my cooking when I need them to."

Looking to the future

Moving forward, the focus will be on continuing to strengthen Danielle's emotional wellbeing, promoting her independence and confidence, and ensuring she has the right level of support to meet her personal and daily needs.

The team will also continue supporting Danielle to build and maintain healthy relationships, develop positive coping strategies, and work towards greater stability, happiness, and overall wellbeing.

Natasha's thoughts

"The team have worked very hard to support Danielle and have found this very challenging at times but are happy to see sometimes the progress that has been made when Danielle is having good days".

- Home Manager

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Our values

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Brave



Having
Fun



Making
Things
Happen



Valuing
everyone