

Because you can

Case Study - Helen Webb



Independent living - with a little help from her friends!

Helen Webb lives independently with the assistance of Amber Support Services and first moved into her much loved bungalow accommodation eight years ago.

She shares the home with her fellow tenant and great friend Millie, together with supportive staff who empower Helen to take the lead and make decisions on her daily life.

Over the years, the staff team have worked alongside Helen to co-produce her support and help raise her confidence and self-esteem to enable her to lead the independent life that she has dreamed of for so long.

Helen's personal skills have come on in leaps and bounds and she is now well known within her local community having gained both paid and voluntary employment – at a local hotel and community café.

The development of Helen and Millie is an example of the meaningful and transformational support Amber Support Services has been delivering for over a decade.

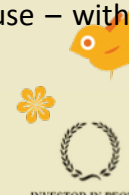
Our motto of 'Because you can' certainly rings true with Helen and Millie as both ladies are keen gardeners and their home garden is like an award winning allotment with various vegetables being successfully grown, and eaten, each year!



They are also keen dancers and every fortnight they both attend a local school of dance where Helen currently holds a Bronze Gold Bar 1 and Gold Bar 2 medal – with Millie not far behind her and due to secure her Gold Bar medal very soon too.

The dance classes include a mixture of dance routines and competitions and at Christmas they are both involved in the big festive show performance that is held in the town's Council House – with the local newspaper often featuring them within their coverage.

Picture above shows Millie(left) with Key Worker Gill and Helen (right)





Helen at work

In addition to the dance classes, they can regularly be found with their dancing shoes on at home practicing their moves to their huge collection of dance music.

Helen commented, "I love to dance and my dance moves have been recognised by the dance school with the various medals that I have been awarded.

"But I love my home the best, and enjoy sharing it with Millie – our support workers are really great too and we all feel like a large family."

Amber Support Services believes in a workforce culture which embraces positive social interactions and it is through everyone's commitment to the Our Promise that staff are courageous enough to make a difference and really listen to what's important to an individual in whatever setting they find themselves being supported.

It is through the staff's commitment to this that Helen is able to lead a life full of meaningful activities and enjoy inspirational support where staff are encouraged to think 'outside the box' in addition to delivering practical support which is tailored to her individual needs.

Helen's Mom Jeanette commented, "I cannot thank the whole of the Amber team enough for enabling my daughter to live the independent life that she does.

"All of the team from the two directors right through to all of their staff are always very approachable, and I can speak with them at anytime.

"I have complete trust in them to look after my daughter, and I am delighted to see how happy and full of independence Helen is, and how proud she is of her bungalow.

"As a Mom it is always very hard to let go, but I know, and I can see how her confidence has continued to grow – and it is very pleasing to see Helen has complete trust with her Key Worker who she has been with now for six years."

If you would like more information about our services please contact **Alison Mills** at your nearest **office** below.

Please take a look at our website to find out more about 'Our Promise' - and how we deliver inspirational support.

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