

kisimul



**Supported  
Living**  
at St. Mary's

[www.kisimul.co.uk](http://www.kisimul.co.uk)



# Kisimul

## Supported Living at St. Mary's

We provide exceptional services for people with autism, learning disabilities and complex needs, including behaviours of concern. We offer education and care for children up to the age of 19 through our registered schools, college, and care homes and offer bespoke, 24-hour care and support for adults aged 18 or over in our residential care and supported living service.

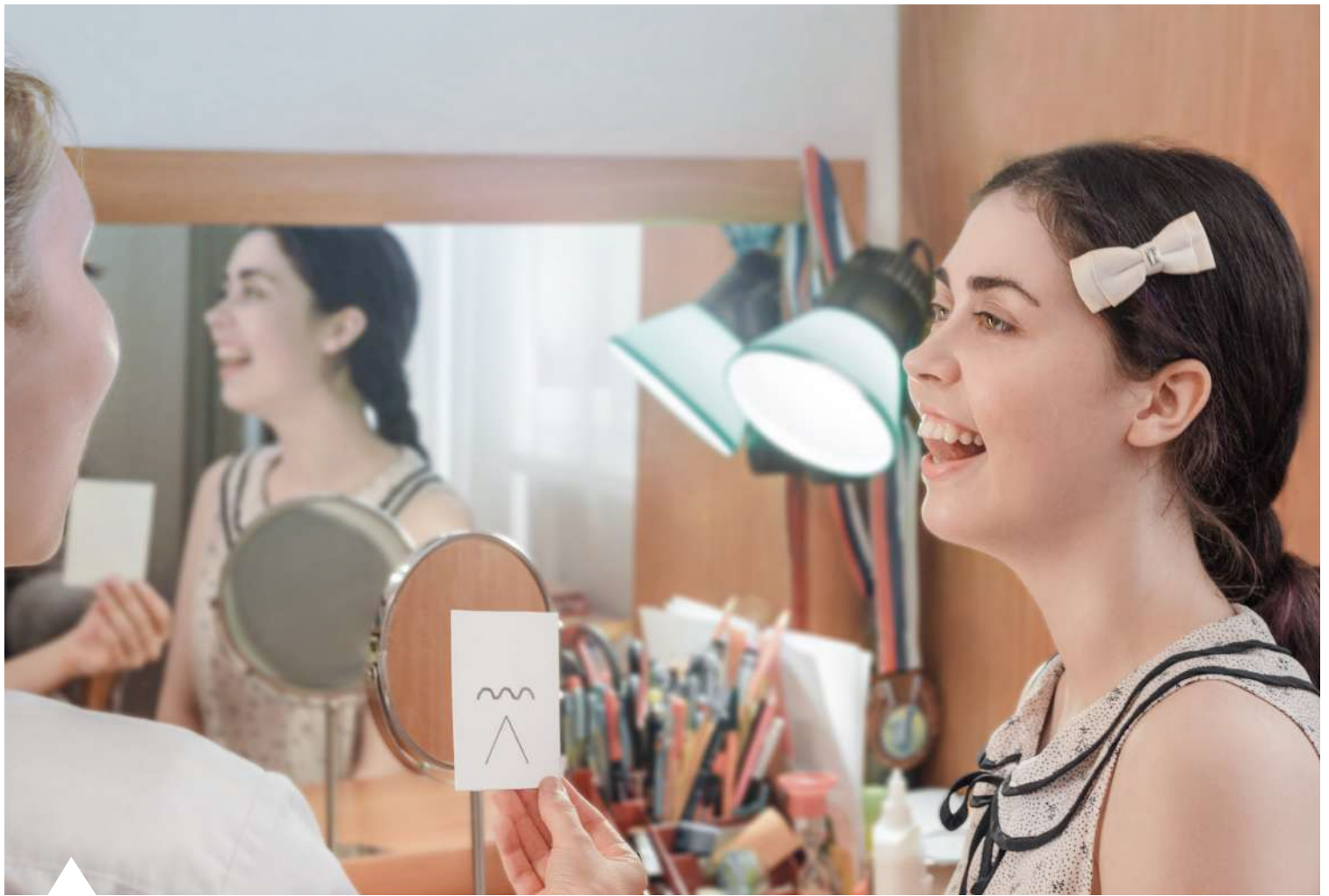
Many of the young people that join us during their education years continue to live with us as adults which means there is a real 'family feel' at Kisimul .



### The Kisimul standard

- Respect for individual needs
- Caring for and supporting each other
- Qualified and experienced staff
- First-class living accommodation
- A relaxed, homely atmosphere
- Effective communication programmes and therapies





## Our support

In supported living, we tailor our service to the unique needs of the individual, with the aim of supporting them to develop daily living and independence skills in a warm, homely environment.

By providing personalised support we empower tenants to make their own choices and maximise control over their lives.

We work with the individual and their families or circle of support where appropriate, to create a person-centred plan that captures their goals and aspirations, and details the support that is needed to enable them to lead a fulfilled and meaningful life.

We encourage individuals to continue to learn and develop skills that encourage them to be as independent as possible, nurturing a sense of ownership and belonging both in their home and the local community.





## Eating and healthy living

An essential part of supported living is helping individuals to create their own menus, shop for ingredients and prepare nutritious meals. We ensure that meal planning considers an individual's health and sensory needs, as well as their cultural and faith requirements, and taste preferences.

We encourage individuals to lead an active lifestyle, supporting them to engage in activities that interest them such as swimming, walking, and going to the gym or participating in locally run sports groups for people with learning disabilities.

## Faith and culture

At St Mary's we celebrate the diversity of cultures and religious traditions. Everyone is given the opportunity to practise their faith and we support individuals to attend their chosen places of worship and participate in local groups.

## Hobbies and interests

We encourage individuals to pursue their chosen hobbies, sports, and interests within the local community wherever possible, helping them to build relationships beyond their own home.

There are several local groups including Mencap which run three social groups from the Searchlight centre in Kingston. The Kingston Eco-op is a project which offers a range of developmental activities for adults with learning disabilities, mental health problems, or other challenges in their lives.

We also regularly create opportunities for tenants to mix with people from other Kisimul homes or supported living services in the local area, to promote friendships with individuals who share common interests.



# THE SPACE

## St Mary's supported living

St Mary's is a beautiful and spacious eight-bedroomed house that can accommodate six tenants.

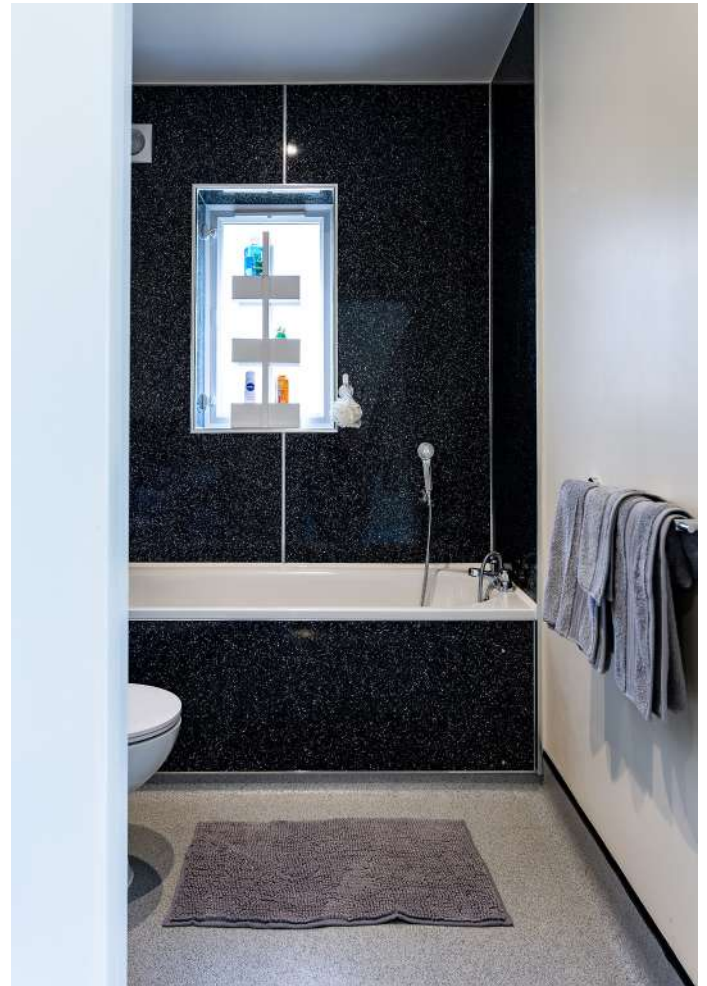
The house features an impressive modern, open-plan kitchen diner, laundry room, and three separate lounges on the ground floor, whilst upstairs all the large double bedrooms have brand new ensembles. We have the flexibility to use the remaining two bedrooms as individual spaces to meet the needs of the tenants.





St Mary's has been newly renovated, so all the spaces are clean, bright, and contemporary. Tenants are encouraged to personalise their own rooms with their own decoration choices and furnishings.

There is a large, landscaped garden providing attractive outdoor, as well as indoor space.



## The local area

St Mary's is in the lovely suburban neighborhood of Surbiton in the Royal Borough of Kingston, very close to the river Thames. Surbiton town centre is just a short 5-minute walk through Victoria Park where there are also many regular bus routes to Kingston.

There is a wealth of things to do including numerous cafes and restaurants, a leisure centre, theatre, cinema, bowling alley, crazy golf, go-karting, and fitness centre. The beautiful Richmond and Bushy parks are just a short drive away offering plenty of walks, nature, and wildlife.

The nearest bus route is the K3 which stops at the end of St Marys Road, the route runs from Roehampton Vale to Esher.



The trains from Surbiton rail station go direct to Waterloo taking no more than 25 minutes.



## Communication and consultation with tenants and their families

We recognise that individuals with learning disabilities and autism communicate in a variety of ways, and we continuously seek out the feelings, needs, wishes, and opinions of individuals using appropriate forms of communication. We are committed to ensuring that a person's voice is always heard and respected when making short and long-term decisions and plans.

Where individuals wish families or friends to be involved in their lives we will encourage and support that.

## Our Staff

The supported living service is staffed with waking staff 24 hours a day, 7 days a week, with the number of staff appropriate to the needs of the tenants.

We are proud of the high-quality support provided by our support workers; a high proportion of our caring and loyal staff have been part of the Kisimul family for many years and are passionate about the people they support.

We recognise the importance of investing in our staff so they are equipped to do their role to the highest standard. All staff not only receive mandatory training but also specialised training to meet the specific needs of the individuals they are supporting.

We also offer additional leadership and management programmes to ensure managers have the knowledge, skills and abilities to lead and manage effectively.



## Case Study

AS is a 22-year-old man who started his Kisimul journey at the Swinderby School and then moved into adult supported living.

Initially, he found the transition from the structured routine of education to the freedom of supported living, where he could make his own choices, overwhelming, leading to some behaviours of concern. At that time, the Supported Living house was located on the edge of Swinderby in a remote location, with no access to the local community.

The Supported Living Service was moved to Thorpe Lane in Hykeham in January 2022 and is ideally located near local shops and public transport into Lincoln.

The support team slowly introduced AS to the local community, starting with a walk to the local shops, then a single bus ride to the supermarket, and then

two buses to go further afield. Since then, AS has discovered a love of going out and about and has progressed in leaps and bounds!

Now, with a staff member's support, AS can catch two buses into Lincoln town centre to meet with his mum and enjoys a spot of shopping in Primark and a chip shop lunch along the way!

For AS, this has been an enormous achievement; he is making independent choices about where he'd like to go, his communication has improved with greater use of spontaneous language, and the behaviours of concern have reduced because he is more settled and happier.

AS's mum and family are overwhelmed by his transformation, commenting that "his fantastic progression is a testament to the Supported Living team at Thorpe Lane," his social worker added, "it was like reviewing a 'new guy.'"

**To protect their anonymity, no current or previous tenants have been pictured in this brochure.**





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