



camphill  
village  
trust

STOURBRIDGE

**The key to your  
own front door...**

**the key to a new life**

# 'We've got the key to the door'

The old song about turning 21 reminds us that, in years gone by, a front door key was a symbol of adult responsibility and independence.



But some of us need a helping hand to turn that key. We might, for example, need a regular visit from a support worker to help us with cooking and managing our money. Or perhaps a fully-accessible bathroom or a security pull cord in case of emergencies.



'Our aim is to help people be as independent as possible,' says manager Ian. 'So we use a mixture of floating support and more dedicated round-the-clock care where it's needed.'



Now we're planning six new flats in our Stourbridge community. We want to give more people the chance to enjoy an independent life, and a home of their own.



# The key to your own front door means...

• Independence • Pride • Privacy

We're planning to build six new flats in our Stourbridge community. With the help of our friends, six people will be able to enjoy a brand new home of their own.

Please turn over to find out more about our plans...





# A home of our own...with friends nearby

Andrew, Sally and Sandra live in our Stourbridge community. Each has their own self-contained flat, similar to the new flats we're hoping to build. They explain what having a place of their own has meant for them:

**'I was nervous at first but my support workers helped me settle in.'**

Andrew lived with his parents until he was in his forties. 'My dad encouraged me to get my own place, so I could be more independent as he gets older. I looked at a couple of bedsits but then I saw this flat and I fell in love straight away.'

'My sense of direction isn't great, so my support worker always comes with me when I go out. There's lots going on in the community too - film nights on a Monday, drama and poetry on a Tuesday, bakery on a Wednesday and Friday.'



Although Andrew loves his flat, he'll be moving out soon, because he's getting married! It's a big step - but he knows he's ready.

'I've got a lot more independent since I moved here,' says Andrew. 'I can do my own cooking and laundry now. I don't like doing the washing up though!'

Sandra has a busy schedule of activities. To help her keep track, she and her support worker have created a chart on the wall, to remind her what she's doing every day of the week. 'I do drama and swimming,' she says. 'And I go to Ashfield Garden where we grow fruit and vegetables. And some days I like going shopping, to buy things for my flat.'

Sandra's pride in her flat is clear to see. With her family photos and favourite pictures on the walls, and the pieces of handpainted pottery nestling among the plants on the window ledge, she's created a real home.

**'I used to live in a shared house before this,' she says. 'But I like having my own space.'**



The dining chairs, kettle, microwave and dish rack are an eye catching purple. 'Purple is my favourite colour,' laughs Sandra, 'I chose them all to match.'

**'I've got my privacy back'**

Sally used to be a nurse. 'I was in cardiac nursing,' she says. 'It was a very high-pressure job. It's difficult to go from that to needing care yourself.'



A brain injury has left Sally with limited mobility and high care and support needs. For a time, she was living in a nursing home. 'It was a good nursing home,' she says 'but there were so many people there with different needs. It was quite clinical - I didn't feel at home there.'

Things took a turn for the better when Sally's social worker found out that our Stourbridge community supports people with acquired brain injury as well as learning disability.

'My social worker told me about Camphill Village Trust, and I applied to come here.'

Now Sally has her own space, and a team of three carers who come into her flat daily to support her. 'My carers help me get ready and then we go out during the day. And my family live locally, so I see them as often as I can.'



**'Coming here has opened up my life. This flat has got everything I could have asked for.'**

# Designed to meet our needs

Local supporters may remember our pottery painting café at Worcester Street. The Cockleshell Café, which has now closed, and the offices above it were becoming too small for our needs. We are planning to turn the site into six new flats.



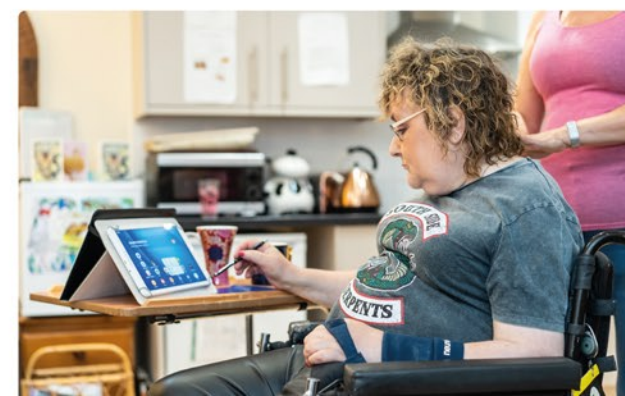
'There will be three flats on the ground floor and three on the first floor,' says Ian. 'Each will have its own front door, and a bedroom, bathroom and open plan living-kitchen area.'




The building will also offer a communal lounge where everyone can come together to socialise with their neighbours. And there will be space for an office with a bedroom for staff, so carers can be on hand during the day and overnight, if required.

'We're designing the flats so that they are suitable for people with varying types of disability,' explains Ian. 'The ground floor will be fully wheelchair accessible, and we're going to build in the assistive technology from the outset.'

'Kitchen counters that can be adjusted in height will allow wheelchair users to prepare their own meals,' adds Ian. 'This is just one of many ways we can use assistive technology to help people lead independent lives.'

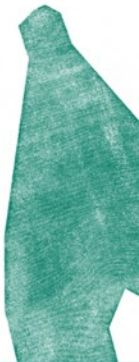






The six new flats in our Stourbridge community will offer more people like Andrew, Sally and Sandra the key to their own front door.

For some people this may be their first home, for others the chance to regain the independence they had lost. But with the help of our friends, it can be the key to a new life.



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