

Information for Bromley Supported Living Service Users



Hello, from 1st April 2021 Diagrama will be taking over your supported living services. Please do not worry as we will try to keep everything the same for you, there is nothing to worry about and there will be minimal changes.

So what does this mean for you?



You will still be living in your homes with the same people and the service you receive will remain the same.

So who are we?



We are a charity called Diagrama. We already work with adults in Orpington at Cabrini House and we are really looking forward to working with you all and finding out more about you. We want to get to know you individually to help support you and help you learn and develop new skills. We like to encourage you to engage in different activities and give you the choice of activities. Find out more about Diagrama's services here - <https://www.diagramafoundation.org.uk/>

Find out about what life is like at Cabrini House

Please watch the video to find out about what life is like at Cabrini House

[Click on the TV screen to start video](#)



Activities at Cabrini House



The service users we care for at the moment have a packed programme of activities in the community and in the homes. There are lots of choices of things to do, and we hope you will want to get involved with some of these too. You will be able to choose what you do each day depending on what you enjoy. Activities include –

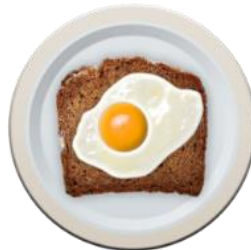
- Daily life activities – including laundry, cleaning, cooking, baking, shopping, gardening, managing money.
- Education, skills and work – including work placements in cafes, charity shops, computer classes.
- Arts and crafts
- Leisure and social activities – in the community and homes, including choir, cinema, film nights, discos, social activities in and outside the home.
- Physical activities - including aquafit, gym, spin classes, bowling, sailing in the community, and trampolining, games, and classes in our onsite gym and large gardens.
- Family day events when we are able to get together as groups again.



This is what a typical day looks like for residents at Cabrini. In the mornings we:



07:30 – 08:30 Wake up, wash get dressed



08:30 to 09:00 Prepare and eat breakfast



09:00 to 12:00 Enjoy various activities

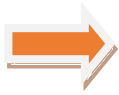
In the afternoons we:



12:00 to 1:30 Prepare and eat lunch



1:30 to 4:00 enjoy various activities



4:00 to 6:00 Prepare and eat dinner / relaxation time



6:00 to bedtime relax, enjoy evening activities, music, games TV, movie, clubs

Here's what some of our service users have to say about Cabrini House

- I like living at Cabrini, in the summer I want to do gardening.
- What I like most is my bedroom, the staff, people I live with and going out on trips and activities in and outside the house.
- I like the activities that I have chosen to keep me busy.
- What I like most about Cabrini are the staff, they support me.
- I like all the residents that live with me, they are my friends.

We hope this helps and we cannot wait to meet you in April. In the meantime if you have any questions at all ask your carer to let us know - they can complete a form for you on our website.

