

Welcome to Butterfly House



The Benjamin Foundation

Supported Living Accommodation in King's Lynn



The Benjamin Foundation
Registered Charity: 1124936
www.benjaminfoundation.co.uk

Registered with the
Care Quality Commission (CQC)
Location ID: 1-10209709535

Contents

Welcome to Butterfly House

3

Ways we can support you

4

About Butterfly House

5-6

All about me – take the quiz!

7-13

Support packages and costs

14

Contact us

15



Welcome to your new home at Butterfly House

Butterfly House in King's Lynn is a Supported Living accommodation delivered by a local charity called The Benjamin Foundation. We work together closely to provide a high level of care and support for our residents and we are pleased that you have decided to make Butterfly House your home, while we support you to live independently.

The Benjamin Foundation support team are here to help you achieve your goals and reach your full potential. Here are some of the faces you will see on a regular basis during your journey to independence.



Penny Haythorn
Registered Manager



Madeline Holland
Support Worker



Shelby Powell
Locum Support
Worker



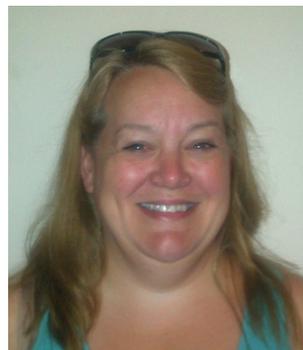
Teresa Betts
Support Worker



Dawn Rayner
Support Worker



Adelia Miguel
Locum Support
Worker



Genene Pitcher
Locum Support
Worker



Jess Rose
Support Worker

Ways we can support you

Our Support Workers will work with you to meet your mental health needs, enabling you to progress in your personal recovery journey and to prepare you for moving on to living independently or with reduced support. Here are some key facts about ways we can support you:

- 1 We will work with you to learn and understand how to maintain your tenancy agreement with Butterfly House and for future independence when you are ready to move on.
- 2 We will support you to carry out housekeeping, maintaining and keeping within the tenancy agreement and being respectful of your housemates.
- 3 We will support you with managing a budget, keeping good finances, shopping and hobby expenditures and will help you to access the community, engage in your interests, seek training and/or work experience.
- 4 We will support you to access medical needs, understand medication requirements. We will also support you to attend appointments and understand medical correspondences.
- 5 We will support you with all letters and correspondences, including applying for benefits.
- 6 We will support you to stay in touch with your family and friends.
- 7 We will support you to take care of all your personal hygiene needs.
- 8 We will support you to reach your targets and goals.

About Butterfly House

Butterfly House consists of two bungalows closely situated across from each other in a quiet cul-de-sac, only a ten minute walk to the local town centre, library, train and bus station.

The King's Lynn Walks are situated just behind Butterfly House. The Walks are perfect for taking strolls, playing outdoor games, meeting up with friends or just relaxing with a picnic. The local GP surgery is again just a 10-minute walk away. Parkview Resource centre and Thurlow House are also a few minutes away for those medical appointments you may have.

Kings Lynn is a small town with lots packed into it: The Majestic Cinema, Strikes Bowling Alley, Lynn Sports and Leisure Centre, St James' Swimming Pool and the local College of West Anglia are all within walking distance. The hospital is a short bus ride too.



Bungalow 3 at Butterfly House has five bedrooms, a shared lounge, dining room, kitchen, and a large bathroom consisting of bath and shower and a second bathroom with a cubicle shower. This bungalow also has a 'chill out' room for when you want to spend time reading, listening to music or just having a moment to yourself. From the lounge is a patio area where you can relax with your housemates or just soak up the sun in the summer. To the rear of the is a wide-open space with lots of opportunity to develop an interest in gardening or sit and look over at The Walks.

Bungalow 5 has six bedrooms, with a shared lounge, dining room, kitchen, and a large bathroom consisting of bath and shower and a second bathroom with a cubicle shower. The dining room is spacious and also has a second smart TV, giving you the opportunity to watch TV, listen to music or sit and enjoy some arts and crafts.

Leading out from the lounge is a lovely patio and garden area, again a great space and opportunity to enjoy some gardening or just soak up the sun in the summer time.

Depending on availability, you may be able to choose which bungalow you would prefer to live in. Your bedroom is your own space and we are happy to help you make it your own.

You may have your own furniture or we can provide you with furniture to help you get started. The Benjamin Foundation has a Furniture Store in King's Lynn where you may find some nice furniture for your room.

We can help you to paint your room, to give you a sense of ownership. You can have your own TV in your room as all bedrooms have an aerial point. We may also be able to consider a small house pet in your room, such as a guinea pig or goldfish. Please speak to Penny, our Registered Manager about this.

You will have your own key to your bedroom and only you will have access to this room; staff will only ever enter in an emergency to help you. Staff will also support you to keep it clean and tidy if you struggle with this and want their support to do so.



For storage of food items, you will be provided with a cupboard that only you can access, unless you decide to buy in the meal package (please see meal package deals under costings).

For all fridge and freezer food items, you will need to purchase a small fridge freezer that will be located in the dining room, again that only you will access. You can purchase this yourself independently or we can point you in the direction of a local place to purchase a second hand one (please ask for this information).

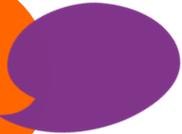
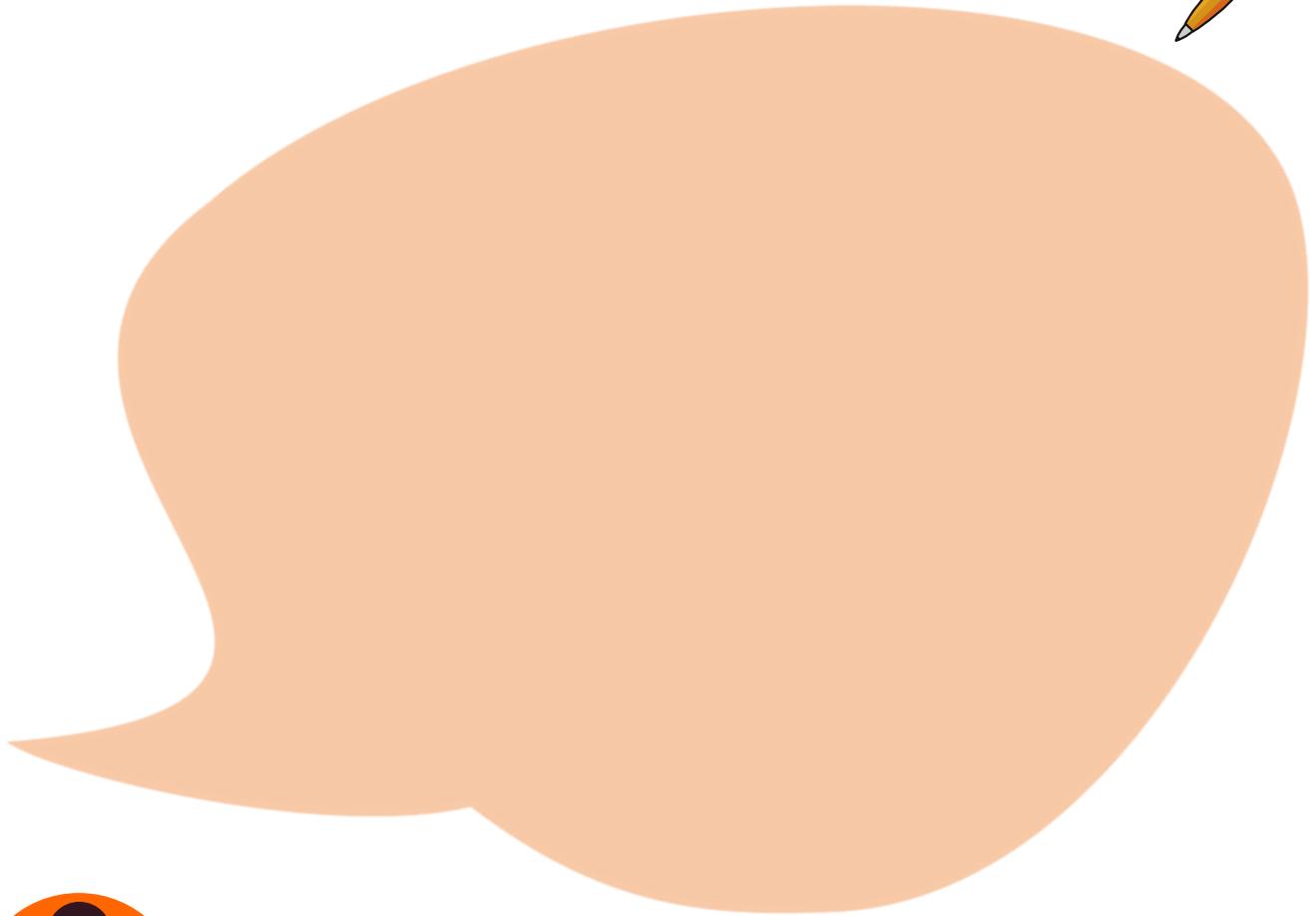


All about me

Take our little quiz to tell us about you and what YOU need to help you succeed in your life.

Fill in the speech bubble with all the things that make a good day for you.

Your name:



"Going for walks along the beach."



"Reading a book in my quiet space."

"Having a pyjama day
and watching movies
with a friend."

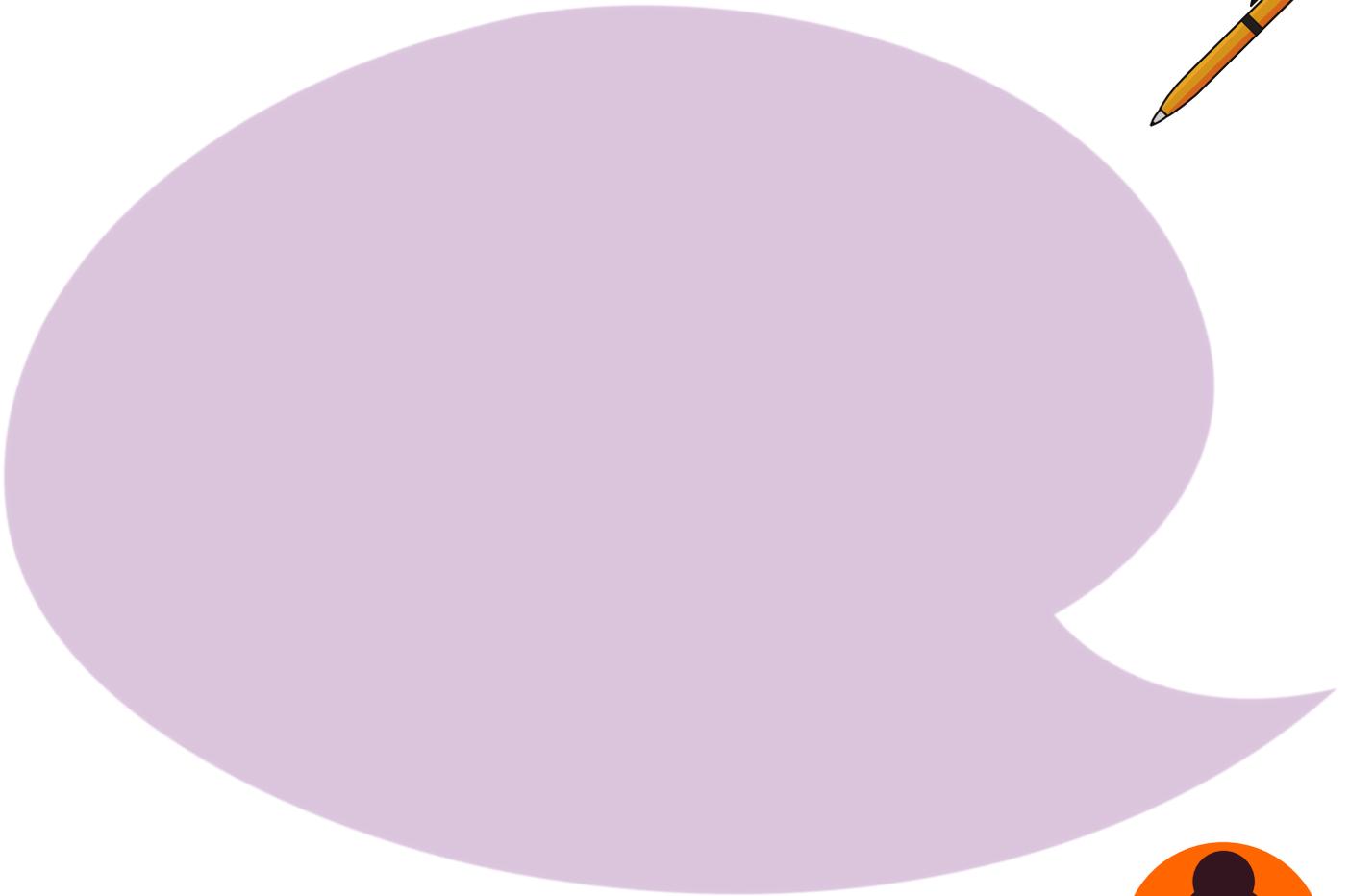


All about me

Take our little quiz to tell us about you and what YOU need to help you succeed in your life.

Fill in the speech bubble with all the things that make a bad day for you.

Your name:



"Being bored and not knowing how to fill my time."



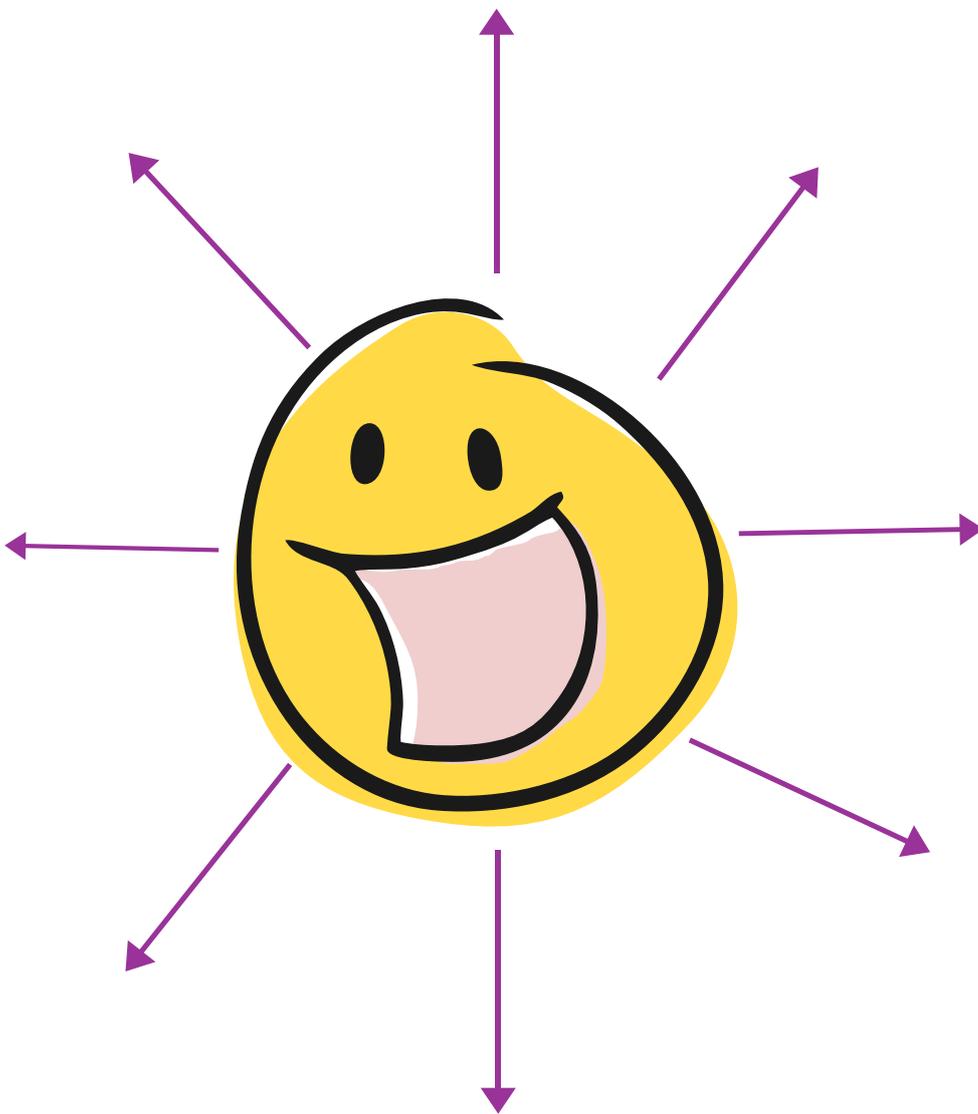
"Struggling to get something done."



"Missing family or friends."



What do you need to have more good days than bad days?



Well Done!

Now let's think about:

- What is important to you?
- What you would like to achieve?
- How you would like to be supported to do the things you want?

What is important to you?



A large rectangular area defined by a dotted black border, intended for writing a response to the question "What is important to you?".

What are your goals?



A large rectangular area defined by a dotted black border, intended for writing the user's goals.

What support would you like and need to achieve your goals?



A large rectangular area defined by a dotted black border, intended for writing the answer to the question above.

"I have learned that success is to be measured not so much by the position that one has reached in life as by the obstacles which he has had to overcome while trying to succeed." (Booker T. Washington)

I finally feel...
understood



Support packages and costs

Tenants Costings

Rent: £266 per week (Residents supported to make a housing benefit claim where applicable)

Service charge: (Electricity, Gas, Wi-Fi, TV licenses) £15 per week

Support Package Costings:

We will build a package of support for you that meets your needs. We can talk about the costs of this when we meet and agree them with you.

Your support package costings will be based on your needs and level of support required, please see how this is worked out below:

Low Support Needs– = £15.50 per hour.

Medium Support Needs– = £24.50 per hour

High Support Needs = £34.00 per hour

Sleep in or waking night support costs will vary depending on your level of support required through the night. Each support package will be unique to you and meeting your needs on a daily basis, you will be able to discuss and arrange this with the manager and your representative before taking up your tenancy. Equally we will review this on a regular basis, once a month for the first three months and then quarterly to ensure you are getting the right support you need.

As you progress with your independence you may require less support going forward or you may find you need more. At your review meetings we will discuss this and make the adjustments as required with you.

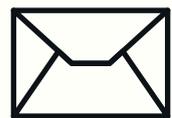
"I was able to create a support package that suited me best! I'm quite independent and just needed support with my budgeting, cooking, shopping, medical appointments and learning how to be a good tenant so I can move onto being independent in my own place one day. I don't need much support at night unless I feel poorly.

With the help of my support team and the manager, we designed a support package of 25 hours a week. This is perfect for me right now but I can review later to see how well I am progressing or if I need to ask for more support. Having the right amount of support when I need it most, helps me to keep my independence."

Resident at Butterfly House



Contact us



Penny Haythorn – Registered Manager
Butterfly House,
3–4 Birch Tree Close, King’s Lynn, Norfolk, PE30 5RZ

E: penny.haythorn@benjaminfoundation.co.uk
T: 07825 130138

T: 01553 763928 (Butterfly House)

The Benjamin Foundation
23–27 St Andrews Street, Norwich, NR2 4TP
T: 01603 615670
E: info@benjaminfoundation.co.uk
W: benjaminfoundation.co.uk

Registered Charity: 1124936 | Company Number: 3825425