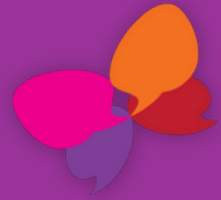


Welcome to Butterfly House



The **Benjamin** Foundation

Supported Living Accommodation in King's Lynn



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



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Welcome to your new home at Butterfly House

Butterfly House in King's Lynn is a Supported Living service for young people aged 18–25 who are managing mental health challenges. The support is 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



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 'licence to occupy' agreement with Butterfly House and help you understand tenancies when you are ready to move on.
- 2** We will support you to carry out housekeeping, maintaining and keeping within the 'licence to occupy' 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 bedrooms for four tenants, a shared lounge, dining room, kitchen, and a large bathroom consisting of bath and shower and a second bathroom with a 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 large garden with lots of opportunity to develop an interest in gardening or sit and look over at The Walks.

Bungalow 5 has bedrooms for four tenants, 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.

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 a member of staff 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.

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).

Your friends and family are welcome to visit you at Butterfly House between the hours of 7am and 11.00pm (Sorry – no overnight visitors are allowed).

Butterfly House is your home so you can come and go as you please – but we like you to let the staff know when you are heading out and when you will return. In the evenings you need to be back by midnight. If you are not confident at going out on your own we can support you to access things in the community and carry out errands and attend appointments in town.

We have a few simple house rules such as everybody contributing to the cleaning. We discuss these with you and listen to your ideas for changes to the rules.



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:

A large, light orange speech bubble with a tail pointing towards the bottom left, intended for the user to write their response.

"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:

A large, empty, light purple speech bubble shape, intended for the user to write their response.

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



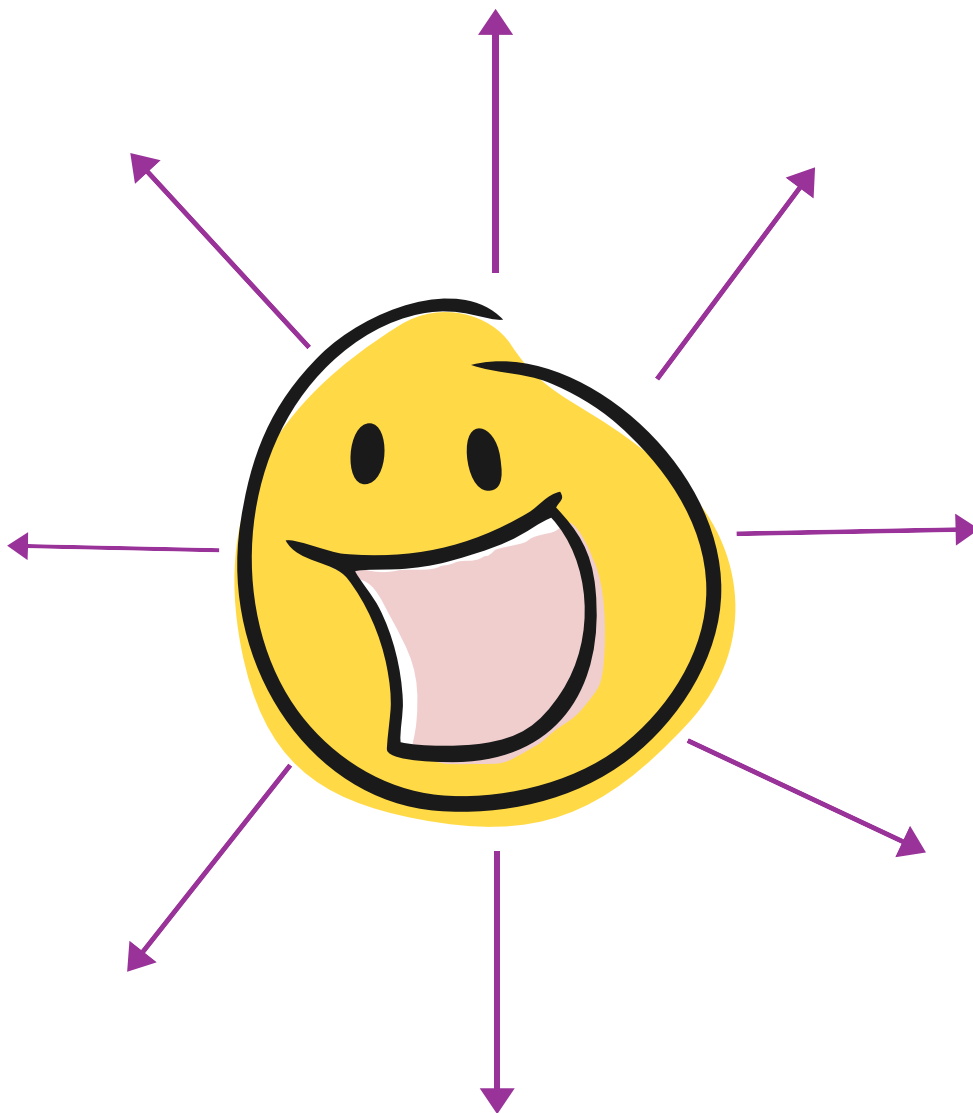
"Struggling to get something done."



"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 line, intended for writing or drawing.

What are your goals?



A large rectangular area defined by a dotted black border, intended for writing or drawing.

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



A large rectangular area defined by a dotted black border, intended for writing a response 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

To live at Butterfly House you will need to pay for the following:

- Rent – we will support you to make a Housing Benefit claim if you are eligible.
- Support fees – these will usually be paid by Norfolk County Council.

Referrals

To be considered for a space at Butterfly House you need to be aged 18–25, a Norfolk resident and have your place approved by Norfolk County Council.

"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."

Butterfly House tenant



Contact us

The Benjamin Foundation
Butterfly House,
3-4 Birch Tree Close,
King's Lynn,
Norfolk, PE30 5RZ

Registered Manager: Karen Buckle

E: karen.buckle@benjaminfoundation.co.uk
T: 07825 130138
T: 01553 763928 (Butterfly House)

Complaints

In the first instance, complaints are to be directed to Karen Buckle, Butterfly House Registered Manager.

Should you need to escalate a complaint further, please contact Sharon Matthews, Director of Operations.

E: sharon.matthews@benjaminfoundation.co.uk
T: 07525 801300

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