

Join the **Rock Foundation** family at our **Caistor** site...



Supported Living Service



Supported Living at Caistor

Rock Foundation's specialist **Supported Living home** is in a **secure area** of the site incorporating other **community projects**, with an emphasis on **supporting clients to enjoy independence and promote daily living skills.**

Key Features

- Single room accommodation (double available)
- En-suite bathrooms included
- Wheelchair access
- On-site transport provision
- Lounge/dining areas
- Landscaped gardens with patio seating areas
- Digital TV aerial points in all rooms
- Day service provision on-site
- Respite sessions available

Facilities

Within the house we have safe and secure accommodation providing supported living for up to 12 residents with learning disabilities, plus day services. Residents live in a family orientated setting, eating meals together prepared by (and with) support workers.

Each resident has their own room which comes with an en-suite. Accommodation is split into women and men sections with communal kitchen and living rooms.

As part of Rock's student workshop facilities, service users are supported and encouraged to participate in other day to day activities. These include serving in the tea rooms as well as many other activities and social enterprise projects, both indoors and outdoors.

Our Caistor site also provides opportunities for the students from our Heneage Road day services, to take part in practical workshops and supported work placements.





Caistor students are also encouraged to travel on week days to our Heneage Road day services, via our mini bus which makes two return trips Monday to Friday. Trips out to the local community and further a field are organised most weekends giving our residents plenty of choice in terms of activities and keeping occupied.

Staff Team

Rock Caistor employs approximately twelve staff whom are all trained in the key aspects of care delivery and have experience of supporting vulnerable people. One on one support is also available where this is highlighted in the individual's care plan.

As a team we aim to help our service users develop life and employment skills, to increase their self-esteem and independence, and ultimately improve their quality of life.

Our staff also benefit from an ongoing training programme and undergo regular supervision and appraisals. Full details of the training undertaken by our staff can be obtained from our management team.

Social Enterprise

Our tearooms are very popular offering a warm welcome to everybody with a very friendly atmosphere. Adjacent to the dining room is a well equipped family room for families with young children.

Our other facilities open to the public include: Tea Rooms, Family Room, Gift Shop, Sweet Shop, Hand-made Garden Furniture on sale, Community Gardens, Outdoor Workshops and much more.

"I feel welcomed, it's like one big family."

Rock Service User





Community at Caistor

Our Caistor site also has a community allotment growing organic vegetables, where many devoted volunteers help to manage and maintain the crops, including many local volunteers and those from the local Lions Club.

The site is also popular with walkers as 'The Viking Way' runs across our land, which is also the highest point of the Lincolnshire Wolds. Vintage Car enthusiasts enjoy a display on our site once a month. We also have regular cyclists and bikers visiting most weekends in the warmer months.



www.rockfoundation.org.uk



Prospective Students

We encourage any prospective supported students to visit our home, either with friends, relatives or advocates. We always recommend actually experiencing the day care service and respite accommodation service, prior to being offered a place at Caistor. Individual care plan assessments are carefully prepared to meet personal needs of the service user and are structured to offer as much care and support as necessary. The well-being of our students is our primary concern.

For further details of our organisation please visit our website. To make an appointment to visit our Caistor site please don't hesitate to get in touch.

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Rock Foundation UK Ltd

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