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Our support





Eating and healthy living

An essential part of supported living is helping individuals to create their own menus, shop for ingredients and prepare nutritious meals. We ensure that meal planning considers an individual's health and sensory needs, as well as their cultural and faith requirements, and taste preferences.

We encourage individuals to lead an active lifestyle, supporting them to engage in activities that interest

gym or participating in locally run sports groups for people with learning disabilities.

Faith and culture

At St Mary's we celebrate the diversity of cultures and religious traditions. Everyone is given the opportunity to practise their faith and we support individuals to attend their chosen places of worship and participate in local groups.

Hobbies and interests



St Mary's supported living

house that can accommodate six tenants.

large double bedrooms have brand new ensembles. We

as individual spaces to meet the needs of the tenants.







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