

A photograph of two men in a kitchen. On the left, an older man with grey hair and a mustache, wearing a blue and white striped short-sleeved shirt, is smiling at the camera. On the right, a younger man with dark hair and a beard, wearing a bright yellow-green t-shirt with a small white Nike logo and grey shorts, is smiling and holding a red mug. The background shows a kitchen window with a view of the outdoors.

yes
to independence

Littleham

Exmouth, Devon

Life-changing supported living
at the heart of the community

lifeways
yes to you



“Littleham is in a lovely tranquil setting near the beach town of Exmouth. It’s a bright and spacious house with a friendly atmosphere and a small and dedicated staff team.”

Manager, Littleham

Welcome to Littleham

Littleham is a spacious five-bedroom detached house where people are supported to live happy and independent lives.

One bedroom is on the ground floor, with four on the first floor. One bedroom is used as a staff sleep-in room when overnight support is required. There's a downstairs wet-room style bathroom, a large lounge, separate dining room and a kitchen. Upstairs there's a shared bathroom with a bath.

Outside space includes a pretty back garden with lawn area and raised flower beds.

When you choose supported living, you're choosing to live independently, safe and secure behind your own front door. There's peace of mind in knowing the Lifeways team is on-hand, providing tailored support that helps people to lead more fulfilling lives, surrounded by like-minded people.



Life at Littleham is suitable for people with learning disabilities or autism.

There are two men living here, and they have a range of interests. One likes football and supports Manchester United, one loves cooking. They both like to access the community and they enjoy watching action films together. They also like going out for coffee and meals, and going for drives along the beach.

Their ideal housemate would be another male who likes football, day trips and is sociable but can also appreciate their own space.

Valued in your community

There are few things more rewarding than feeling like an active and valued part of the community.

Littleham is a small village located only 500 metres from the beautiful beach at Sandy Bay. The local shop and post office are a short walk away, and the local pub is within half a mile.

Exmouth is five minutes away by car, and offers a range of shops, cafes and restaurants. There's a long sandy beach and plenty of attractions, including the Hawkridge Bird of Prey Centre and World of Country Life. The local area offers a range of day trip destinations, from down the coast to Sidmouth to the bustling city of Exeter.

It's good to know...



We're in a quiet village near Sandy Bay in Devon.



We're spoilt for choice with supermarkets – Co-op, Tesco and Lidl are closest.



There are GP surgeries, dentists and opticians within a few miles.



There's a bus stop right outside the house, with routes into Exmouth.



Exmouth station is a short drive away and has services to Exeter, Torquay and Paignton.



There is on-street parking available for people with cars.



yes to friendships

"Since living at a Lifeways service I have become more confident and independent. I am able to make everyday decisions with the help from my team, who support me in a consistent way; this is very important to me. My self-esteem has grown with the support I receive and I couldn't be happier."

Person supported by Lifeways

Five reasons to choose Lifeways

yes to stability.

Our stability speaks for itself. Since 1995 we've grown to become the UK's largest provider of supported living for adults. So when you're comparing providers, it's good to know that our steadfast support is founded on over 25 years of proven outcomes.

yes to reassurance.

Our size brings reassurance. It allows us to invest in our people and services. And it's the reason we've been able to open 900 new apartments in 65 communities since 2015. Everyone deserves unique support in a home they'll feel proud of – and that's exactly what we provide.

yes to local.

Our hearts are in our local communities. We're proud to support people in more than 1,000 locations across the UK. But we're even more proud that every service is run by trusted local teams, each providing neighbourly support that feels close to home.

yes to relationships.

Our people make all the difference. So we make sure everyone is valued and all of our support workers achieve the Care Certificate qualification. Over a quarter of our team have been with us for over five years and some have even been with us from the very beginning, helping to create rewarding relationships, improved outcomes and excellent continuity of care.

yes to quality.

Our purpose is to improve lives. It's as simple as that. We help almost 5,000 people to live with hope and independence, with every member of our team sharing the same commitment to quality in everything we do. We hire the best in the sector into our highly skilled and dedicated Quality team, who work to ensure our CQC ratings are something we can be proud of.





yes to ambition

So what happens next?

It all starts with an informal chat with one of our specialist assessors. Together with each individual, they will build a clear understanding of their needs and preferences, making sure that they make the choice that is right for them.

They'll then be on hand to guide individuals, families and professionals through the referral and assessment processes, and won't stop until the kettle's on, and the move is complete.

Supporting people to live the life they choose.

At Lifeways, our focus is you. We want to become a trusted partner on your personal journey. Learning from the challenges you've already overcome, before tailoring our support to help you achieve more.

Why Lifeways?

We believe that anyone can achieve the extraordinary. And that's why Lifeways exists. To understand every individual and support each different dream. Creating homes to feel proud of and places where lives feel fulfilled.

Make a referral or arrange a visit

Learn more about independent living at Littleham, make a referral or arrange a visit by contacting Lifeways:

Call **0333 321 4881**

Email **referrals@lifeways.co.uk**

lifeways.co.uk

lifeways
yes to you