



yes
to independence

Downs Valley

Brighton, East Sussex

Life-changing supported living
at the heart of the community

lifeways
yes to you



“Downs Valley is in a really beautiful area – the back garden has lovely views of Downs Valley. The house is large with big spacious rooms and a lovely conservatory. We are extremely close to Brighton. The atmosphere in the house is friendly and welcoming with a strong staff team.”

Manager, Downs Valley

Welcome to Downs Valley

At Downs Valley people are welcomed and supported to live independent lives.

This four-bedroom detached house has a kitchen, a living room, a conservatory, a utility room and two bathrooms, one with a shower cubicle and one with a bath.

Downs Valley also has an accessible garden with a patio for spending time outdoors when the weather is good.

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 Downs Valley is suitable for people with learning disabilities, autism, brain injuries and mental health conditions.

We are ready to welcome a sociable person to join the two people we support here, who live with mental health conditions and learning disabilities.

One of the people we support is 25 and likes going out with friends, shopping, social media, films and socialising. The other person at Downs Valley is 30 years old and enjoys going into town, being with friends, socialising and playing on the Xbox.

Valued in your community

There is nothing more valuable than being an active part of the local community.

Downs Valley is in Woodingdean, a suburb of Brighton. For people who like to stay active, Brighton has a number of venues to choose from for exercise classes, gyms and swimming pools. People also enjoy walking in the local area – the property is surrounded by greenery that provides plenty of picturesque walks, or Brighton coast is easily accessible.

Nearby Brighton provides access to larger attractions including Brighton Beach, Churchill Square Shopping Centre, North Laine Bazaar, the Royal Pavilion, Brighton Museum and Art Gallery, Brighton Pier, Hollywood Bowl Brighton for tenpin bowling, an Odeon Cinema and The Brighton Centre.

It's good to know...



Downs Valley is in a residential area just fifteen minutes from Brighton.



We're spoilt for choice with supermarkets. Aldi, Sainsbury's, Tesco, Morrisons and Lidl are all within a short drive.



The GP surgery and NHS dentist are within half a mile.



There's a bus stop within a short walk with regular routes into Shoreham-by-Sea and Brighton.



Brighton train station is just fifteen minutes away by car, and has regular national services.



There is on-site 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 Downs Valley, 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**