



Garston Avenue

Newton Abbot, Devon

Life-changing supported living
at the heart of the community

lifeways



“Garston Avenue is a warm and welcoming home where people are supported to enjoy the things they love. Our small, dedicated staff team always goes the extra mile to provide exceptional care and support. The house is in a great location with easy access to local public transport, making it convenient for community activities and visits.”

Manager, Garston Avenue

Welcome to Garston Avenue

At Garston Avenue people are welcomed and supported to live independent lives.

Garston Avenue is a large, detached shared house situated in a residential neighbourhood of Newton Abbot.

There are three bedrooms, a large living room, dining room, kitchen and two bathrooms, plus a utility room and small laundry room. There is also a guest bedroom, which is used as a staff sleep-in room to assist those that require overnight support. Outside the large lawned garden includes a patio area and summer house, which makes it the perfect place for socialising in good weather.

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.



Garston Avenue offers a happy, relaxed environment suitable for people with learning disabilities, autism or mental health.

There are currently two gentlemen living here. One man is in his late-50s and lives with Down syndrome, who enjoys steam trains. The other man is in his early-60s, has mental health needs and likes to be active in the community. Together they enjoy cooking, gardening, day trips and going out for lunch.

Garston Avenue would be ideal for someone who is comfortable and respectful of living in a shared, communal setting. An adult who has a level of independence, enjoys social interaction but also values personal space, and has similar interests to the existing people we support here would be a perfect fit.

Any new residents will receive person-centred, tailored support and will be encouraged to work towards their personal goals and ambitions.

Valued in your community

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

Newton Abbot is a historic market town with a wide range of shops, restaurants, regular markets plus excellent public transport links to several bustling seaside resorts and larger, neighbouring towns.

As well as the amenities in the town centre, Newton Abbot has several attractions including a museum, garden centres, Trago Mills shopping and leisure park, two country parks and Bradley Manor – a National Trust property with beautiful gardens and historic architecture.

There are bus stops a short walk from the service, offering regular transport to Newton Abbot, Moorland Reach and Tavistock plus major local areas such as Exeter, Torquay and Paignton. Newton Abbot train station is a five-minute drive away, with links to major destinations including London, Edinburgh, Cardiff, Birmingham and Leeds.

It's good to know...



There are convenience stores, cafés and more nearby.



Sainsbury's, Aldi, and Asda supermarkets are all located in Newton Abbot Town Centre.



Doctor and dentist services are both available in Newton Abbot centre.



There are bus stops close by, with services to Newton Abbot and larger destinations.



Newton Abbot train station is a five-minute drive away with routes to local towns plus links to major national cities.



There is a driveway and on-road permit holder parking available.



"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.



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 Garston Avenue , make a referral or arrange a visit by contacting Lifeways:

Call **0333 321 4881**

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

lifeways.co.uk

Information accurate at time of print, V1/26 B00001471

lifeways
yes to you