



Press Release

Immediate Release

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### **Leicestershire Care Resident's Footsteps to Independence**

A Leicestershire care resident's love of the outdoors has helped him on his journey to newfound independence and confidence.

Daniel, 50, has lived at Toller Road, a specialist residential service in Stoneygate for those with learning disabilities or complex needs, for 14 years.

Since joining the Cygnet Social Care service, Daniel has worked closely with his support team to plan a variety of outings across the country, helping him to explore the great outdoors.

Constant support from the Toller Road team has seen Daniel venture to the likes of Cromer and Twycross Zoo as well as a trek up the Old John Tower, challenging staff to beat him to the top.

Most recently, Daniel enjoyed a trip to Hunstanton and used his newfound confidence after his numerous trips with the Cygnet Social Care team to take the lead on the planning. His new-fangled self-assurance saw Daniel choose the destination himself and prepare his own packing list.

With the guidance of his Support Worker Sarah, the duo stayed overnight in a caravan before venturing to a pig farm.

Cygnet Social Care Activity Coordinator Michelle Robertson said: "Daniel really enjoys each outing and it really uplifts his spirits. The confidence boost it gives him and the growing independence is unmatched. It is great.

"He has taken control of what he wants to do. We went to see an Abba tribute recently and Daniel walked down to the venue to collect the tickets himself, just showing how independent he has become."

Each trip has empowered Daniel to take ownership of his choices and build essential planning skills, whilst also growing his confidence and independence to organise future outings. Daniel's love of the walking is also part of his journey to manage his diabetes and he goes to the outdoor gym regularly alongside daily walks to keep himself moving.

Daniel said: "The highlight of my recent trip was having fish and chips and getting to stay in a caravan. I have already booked to go again next year to Hunstanton and

to stay in the same caravan. I like going on these trips to the seaside. I feel relaxed and I love seeing the beach."