

DAVIDDOR HOUSE SUPPORTED LIVING

Brighton & Hove

Service Overview

Support that feels like home — promoting independence, recovery, wellbeing and meaningful lives.

About Davigdor House Supported Living

Davigdor House Supported Living (DHSL) is a Brighton & Hove based supported living service for adults aged 18–65 who have past or present mental health difficulties. We provide a safe, welcoming and recovery-focused environment where people can receive the right level of support while developing the confidence, skills and independence needed to live the life they choose.

Our approach is built around the person rather than the placement. We recognise that everybody arrives with different experiences, strengths, goals and support needs. We therefore work alongside each person to understand what matters to them and to develop support that is practical, respectful and meaningful.

Our aim is not simply to provide accommodation and support. We want people to feel at home, have a voice, build confidence, maintain important relationships, participate in their community and make progress towards greater independence wherever possible.

Our Accommodation

Our main supported living service at Davigdor House provides 11 self-contained flatlets within a shared supported living setting. The accommodation has been designed to offer a balance between privacy, independence and access to support.

Each person has their own private living space, while also having access to welcoming communal areas where they can socialise, take part in activities or spend time with others when they choose. Communal facilities include a large kitchen, lounge, dining space, conservatory, garden and laundry facilities.

In addition to Davigdor House, we have several self-contained one-bedroom flats around Brighton & Hove. These provide an option for people who are ready for, or would benefit from, a greater level of independence while continuing to receive flexible support.

This range of accommodation can help create a more natural pathway towards independence. Where appropriate, a person may progress from a more supported environment to their own self-contained accommodation while maintaining continuity of support.

24-Hour Support

Support is available at Davigdor House 24 hours a day, seven days a week. Having staff available on site provides reassurance while still allowing people to maintain privacy, choice and control over their daily lives.

Support is tailored to assessed need and may include planned one-to-one support as well as access to the wider staff team. The level and nature of support can be reviewed as a person's circumstances, confidence and abilities change.

We understand that mental health needs do not always fit neatly into scheduled appointments. Our service therefore combines planned support with a responsive approach, helping people to seek assistance when they are struggling, worried or need guidance.

Person-Centred Support

Every person is treated as an individual. We do not believe in a one-size-fits-all model of support. Support plans are developed with the person and are based on their strengths, preferences, aspirations, assessed needs and agreed outcomes.

Where appropriate and with the person's involvement, we also work with families, advocates, social workers, community mental health teams and other professionals to support consistency and continuity.

Support plans are reviewed regularly and can be adjusted when needs or circumstances change. The emphasis is on doing things with people rather than for them, encouraging the development and maintenance of skills wherever possible.

What We Can Support With

The support provided will depend on the individual, but may include:

- developing and maintaining a daily routine;
- managing and maintaining a tenancy and home environment;
- budgeting, bills and developing money-management skills;
- shopping, meal planning, cooking and nutrition;
- cleaning, laundry and other everyday living skills;
- support to attend health, mental health and other professional appointments;
- understanding and following agreed medication arrangements, where this forms part of the person's support plan;
- recognising changes in mental wellbeing and seeking appropriate support early;
- developing coping strategies and maintaining emotional wellbeing;
- building confidence when accessing the community;
- using public transport and developing travel confidence;
- building or rebuilding social networks and positive relationships;
- accessing education, volunteering, employment-related opportunities and meaningful occupation;
- developing hobbies, interests and leisure activities;
- maintaining contact with family and other people who are important to the individual;
- working towards greater independence and future move-on goals.

Recovery, Independence and Choice

We see independence as something personal. For one person it may mean learning to cook independently; for another it may mean attending an appointment alone, managing money, travelling on public transport, returning to education, volunteering or eventually moving into their own flat.

Our role is to help people identify achievable goals and work towards them at a pace that is appropriate for them. Progress is recognised not only through major milestones but also through the smaller steps that can make a significant difference to confidence and quality of life.

Positive risk-taking is part of independent living. We seek to balance safety with autonomy, avoiding unnecessary restrictions while working with people to understand risks and make informed choices.

Mental Health and Wellbeing

DHSL supports adults with a range of mental health histories and presentations. We recognise that recovery is rarely a straight line and that people may experience periods when they require more reassurance, structure or support.

Staff work to build trusting and respectful relationships so that changes in presentation, routine or wellbeing can be recognised and discussed. Where appropriate, we encourage people to engage with their GP, community mental health services and other health professionals and can support access to appointments in accordance with the individual support plan.

We focus on the whole person. Good mental wellbeing can be influenced by many aspects of life, including physical health, relationships, sleep, meaningful activity, nutrition, finances, the home environment and feeling connected to the wider community.

Activities and Community Life

Life at Davigdor House is about more than support hours. We encourage people to take part in activities that are enjoyable, purposeful and relevant to their interests.

Activities may include cooking sessions, badminton, pool or snooker, bowling, yoga, arts and crafts, wellness and relaxation activities, henna painting, walks and other social or community-based activities. Opportunities can change according to the interests of the people living at the service.

Brighton & Hove offers a wide range of community resources, leisure facilities, green spaces, shops, cafés, cultural venues and transport links. We encourage people to make use of their local community rather than becoming dependent on activities taking place only within the service.

Participation is based on choice. People are encouraged and supported to become involved, but their privacy and preference for how they spend their time are respected.

Keyworker Support

A keyworker approach helps provide continuity and gives each person a consistent point of contact within the staff team. Keyworker sessions can be used to review goals, discuss concerns, recognise achievements and identify areas where additional support may be useful.

The keyworker relationship is intended to support the person's own decision-making and progress. It does not replace the wider staff team or external professional involvement where this is required.

Working With Professionals

Good communication between the individual, DHSL and involved professionals is an important part of effective support. Subject to appropriate information-sharing requirements, we work collaboratively with local authorities, commissioners, social workers, mental health professionals, health services and other relevant agencies.

We aim to provide clear and responsive communication around assessments, transition planning, agreed outcomes, significant changes and reviews. Where concerns arise, we seek to address them promptly and work constructively with the relevant people and services.

Referrals and Assessment

We accept referrals from local authorities and health and social care professionals, and we can also consider private enquiries. A referral is the beginning of a conversation rather than an automatic offer of accommodation.

Our assessment process considers the person's needs, strengths, risks, goals, preferences, current support arrangements and the type of environment in which they are most likely to succeed. We also consider whether DHSL can safely and appropriately meet the person's needs alongside those of other people using the service.

Where possible, prospective tenants are encouraged to visit the service before making a decision. This gives them an opportunity to see the accommodation, meet staff, ask questions and consider whether the environment feels right for them.

If a placement is agreed, we work with the person and relevant professionals to plan the transition carefully. Moving home can be a significant change, particularly following hospital admission or a long period in another placement, so we aim to make the process as welcoming and manageable as possible.

Who the Service May Be Suitable For

Davigdor House is intended for adults aged 18–65 with past or present mental health difficulties who require supported accommodation and who are able to benefit from a supported living model.

Suitability is considered individually. We look at the overall picture rather than relying solely on a diagnosis. This includes the person's current needs, level of independence, risks, support requirements, willingness to engage with the proposed living arrangement and whether the service environment can appropriately meet their needs.

Where a person requires a different type or intensity of provision, we will be open about this during the assessment process. The priority is to ensure that any placement offered is appropriate and has a realistic prospect of being successful.

Safeguarding

The safety, dignity and wellbeing of the people we support are central to our service. Everyone has the right to live free from abuse, neglect, exploitation, discrimination and avoidable harm.

Staff are expected to recognise and respond to safeguarding concerns and to follow the service's safeguarding procedures. We encourage service users, families, visitors and professionals to raise concerns whenever something does not feel right.

Our approach is person-centred. Wherever possible, the person is involved in decisions about their safety, and their wishes and desired outcomes are considered while we fulfil our responsibilities to respond appropriately to concerns and risks.

Respect, Dignity and Privacy

Davigdor House is the person's home. We therefore place particular importance on privacy, dignity, respectful communication and individual choice.

People are encouraged to personalise their living space, make choices about their routine and maintain relationships that are important to them. Staff are expected to respect personal boundaries and provide support in a way that promotes dignity rather than dependence.

Personal information is handled in accordance with our privacy and information-governance arrangements. Information is shared only where there is an appropriate reason and lawful basis to do so.

Supporting Move-On

Supported living should help people build and maintain independence. For some individuals, Davigdor House may be a long-term home. For others, it may form part of a pathway towards more independent accommodation.

Where move-on is an agreed goal, support can focus on the practical and emotional skills required for the next stage, including managing a tenancy, budgeting, cooking, maintaining a home, accessing services and becoming confident with reduced support.

Our self-contained flats around Brighton & Hove may, where appropriate and subject to availability and assessment, provide an option for people who would benefit from greater independence while retaining flexible support.

A Sustainable Approach

We are committed to making everyday choices that reduce unnecessary waste and support a more sustainable service. This includes the use of energy-efficient lighting and appliances where practicable, recycling, reusable and refillable products, reducing food waste, using local suppliers where appropriate and encouraging sensible energy-saving routines.

We also support tenants who wish to develop sustainable habits within their own homes and daily lives, while respecting individual choice and independence.

Our Service Ethos

At Davigdor House, we believe good support begins with relationships. People should feel that staff know them as individuals, understand what is important to them and recognise their strengths as well as their support needs.

We want people to feel comfortable asking for help without feeling that their independence is being taken away. Our aim is to provide the right support, in the right way, at the right time — helping each person to build confidence, maintain wellbeing and move towards the life they want.

Enquiries and Referrals

We welcome enquiries from individuals, families, social workers, commissioners and other professionals who would like to know more about Davigdor House Supported Living or discuss a possible referral.

Davigdor House Supported Living

9 Davigdor Road
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Telephone: 01273 770829 (Option 2)

Email: info@davigdorhouse.co.uk

Further information, including our referral form, service user information, privacy notice and other downloadable documents, is available through the Davigdor House Supported Living website.