



SEE ABILITY

Live. Love. Thrive. Belong.

Applewood
Seaford

About SeeAbility

SeeAbility has a strong heritage – in fact we're one of the oldest disability charities in the UK. We've pioneered specialist support for over 225 years and we're passionate about supporting people with disabilities to achieve their goals and live inclusive lives in local communities.

All our services are registered with the Care Quality Commission (CQC) and we are proud to have one of the highest compliance levels in the social care sector, with all homes rated as 'Good'.

At the heart of our work is supporting people to live ambitious and fulfilling lives. Whether that's forming more friendships and relationships, trying new experiences, or finding paid employment, we're committed to creating opportunities for people with learning disabilities, autism and sight loss.

Our committed team of specialists work alongside our support teams, providing a unique combination of vision rehabilitation expertise and positive behaviour support in supported living accommodation and residential homes located across the south of England.

Applewood, in Seaford on the south coast, supports people who may have a learning disability, autism or sight loss. People living there are supported to build the lives they have always dreamt of, learning new skills and striving for their ambitions.



Our location

"I like the garden. It makes me happy"
Jordan, who lives at Applewood





Accommodation

Applewood is situated in a quiet residential area, within walking distance of the sea, the Seven Sisters cliffs, and the beautiful South Downs. It is an Area of Outstanding Natural Beauty, but also just a short journey from the major cultural hub of Brighton.



Applewood itself is an adapted bungalow, compatible with all standard accessibility requirements. It is a quiet home that only houses four people, creating a tight knit, but not overwhelming community. There is also a self-contained annexe that can house a fifth person.

The house features a beautiful, well-maintained garden, which is a source of joy for everyone who lives at Applewood.

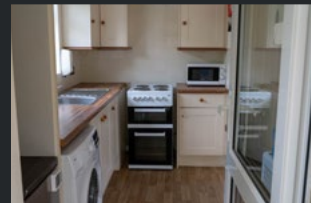
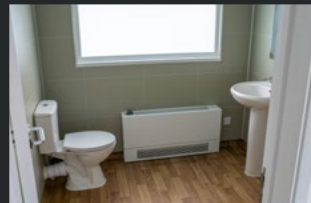


Watch a video walkthrough!
seeability.org/applewoodWT



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Our specialist support

SeeAbility is unique in providing in-house specialist support, including vision rehabilitation and, where commissioned, positive behaviour support (PBS).

Our focus is on encouraging people to challenge themselves to achieve their own goals and get the most out of life, while supporting increased independence and choice.

Vision rehabilitation

People with learning disabilities are ten times more likely to have sight problems, and it's vital they get the right support when they need it. The Vision Rehabilitation Team works with people who have vision impairments or sight loss to support them with increasing independence. That could be anything from learning to make a cup of tea, to learning a route to work.

Positive behaviour support

Our PBS specialists carry out functional assessments of any behaviour that is challenging a person and their team, working alongside the person supported, their family, and their support team. They work collaboratively to develop functionally equivalent skills, so the person can communicate in ways that meets their needs in a safe way.



Active support

Our teams are trained in Active Support, an approach to support that focuses on empowering people to take part in every day tasks, helping them to build their independence, confidence and skills.

This approach, across our homes, means our support is always challenging people to achieve more and take control of their lives.

Please note: PBS services are reliant on specifically commissioned funding. Please speak with your SeeAbility contact if you would like the support to include these.

Finding community at Applewood

People living in Applewood make close friends both among their neighbours and in the local area. We have a thriving volunteer programme, with many long-term volunteers building long-term friendships with people we're supporting.

We also have an activity centre in Seaford, the Bradbury Centre, where people living at Applewood can, if there is an assessed need, learn valuable new life skills.



There is also plenty to do in the local area. From Applewood, people have easy access to local coffee shops, world-famous walking and hiking trails, as well as the vibrant city of Brighton. The magic of Applewood is that it can offer both the excitement of nearby Brighton, and the comfort of a quiet, relaxed home.

There are also SeeAbility-wide programmes that people can get involved with. Our Ready, Willing and Able programme supports people to find paid employment and build careers, and the Listen Up team brings together people with disabilities to speak up about issues that matter to them.

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Contact us

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