

# Cedar Lodge

# Life Begins at Forty

***R is resident at Cedar Lodge, one of SENADs specialist residential homes for adults with complex learning difficulties and challenging behaviour. R is in his forties and is also diagnosed with bi-polar disorder. Despite his complex needs he enjoys a wide variety of social and cultural activities in the community made possible through positive risk assessment and high levels of care and support.***

One of his favourite activities is his weekly massage therapy session which he travels to the nearby town of Hereford for. He also visits a social club in Worcester where he meets up with his friends, who also have learning difficulties. R loves animals and regularly visits the local working farm, where he helps to look after the horses and other farm animals. His love and dedication to animal welfare was highlighted when he took part in a sponsored run in Birmingham to raise money for the animal charity, PDSA.

R has very good relationship with his family and travels to visit them with the support of staff. This year he joined his family to see Mamma Mia, the musical in London.

A good year wouldn't be complete without a good holiday. R has been to the beautiful Welsh holiday resort of Trecco Bay where he enjoyed time off resting on the beautiful Welsh beaches and enjoying the local theatre productions.

As a great lover of music he and his long-time friend have been to see an Elvis Tribute gig in Birmingham and a Bob Marley band in Hereford - of course a nice outing to a gig wouldn't be complete without a visit to equally nice restaurant. R also joined fellow residents and staff at the local music festival, Nozstock, which this year was headlined by Chase and Status and Grandmaster Flash.



***“It’s [PDSA sponsored run] a great example of the support that he receives which encourages his interests (animals and exercise) and provides him to also feel a sense of achievement. Seriously well done to R and also to you and the team for the work and support that went into this.”***

***LA Community Learning Disability Nurse***

