

One Step at a Time

Community Support Services

A young man with short dark hair and a light blue button-down shirt is sitting and reading a book. The book's cover is yellow and blue, with the word 'BASKETBALL' in large white letters on a blue background. He is looking down at the book with a focused expression. The background is a plain, light-colored wall with a green-framed picture partially visible in the upper right. The image is overlaid with decorative, flowing lines in blue, orange, and green. The text 'Value & excellence are at the heart of everything we do' is positioned in the bottom left corner, with 'excellence' and 'everything' in yellow and the rest in white.

Value & **excellence**
are at the heart
of **everything** we do

One Step at a Time is more than a name, it's a philosophy

One Step at a Time is dedicated to providing the highest quality outreach and semi-independent accommodation and supported living services for children, young people and vulnerable adults with a range of needs.

We believe that every individual has the right to live somewhere they can really call home, somewhere that supports and nurtures their independence while giving them access to the right balance of care and therapy they need to flourish. As our name suggests, our approach to care and encouraging independence is about taking small steps, providing specialist support and encouraging individuals to achieve their potential at their own pace.

We have years of experience and a proven track record in empowering people from all backgrounds, and with a range of complex needs, to gain valuable life skills and live more independent lives.

Our experience and expertise has helped children, young people and adults with a diverse range of needs including:

- Young people coming out of care
- Families needing support
- Mental health needs
- Physical disabilities
- Behavioural needs
- Pregnant women
- Family assessment for parents & children
- History of offending behaviour
- Asylum seekers
- Substance abuse
- Learning difficulties
- Autism and Asperger's

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