

# WHAT'S NEXT?

## Your Journey to Independence at Langley

### Phase 1 – Finding Stability (Months 0–6)

When you arrive, we focus on safety and trust.

You'll meet your key worker and start building your support plan. This is your time to settle, register with a GP, and begin any health or recovery support you need.

We gently introduce life skills like budgeting and cooking and help you look at positive next steps.

### Phase 2 – Building Skills & Routine (Months 6–12)

We help you create structure and confidence. You'll use weekly planners, take up responsibilities, and join workshops such as budgeting, cooking, and digital skills.

You'll also have chances to join recovery programmes or volunteering, helping routines grow and life feel steadier.

### Phase 3 – Preparing for Independence (Months 12–18)

Now you start preparing for the move into your next home.

Your key worker will support you to look at housing options, practice independent living skills, and understand what your future budget might look like.

### Phase 4 – Moving On (Months 18–30)

This is your move-on stage. We will help you secure suitable accommodation, finalise your plan, and get ready to move.

You'll learn new routines, get support settling into your home, and celebrate your progress into the next chapter.



**ASK YOUR KEY WORKER TO START  
YOUR MOVE-ON PLAN TODAY!**

You can also scan the QR code to see more online