



Mission Statement

Opportunity Housing Trust, (OHT) was established in 1985 as a nonprofit making organisation, to empower and support people with a disability to enjoy a full and valued life in their community.

In partnership with Cardiff, Opportunity Housing Trust respite aims to provide a quality service for users, their carers and families, who want respite for their individual needs.

Respite gives carers some time to themselves, while those who are cared for get to enjoy a complete change of scene and new experiences. We like to think of it as a break for everyone.

I would like to come again...



OPPORTUNITY HOUSING TRUST



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Respite Service a break for everyone



www.oht.org.uk

How do I access respite?

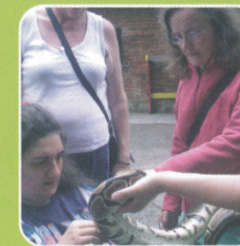
If you are interested in finding out more about our respite service contact Cardiff Local Authority social work team on **02920 536111**.

For further details you can also contact **Vicki Williams** on **02920 821195** or email her on vickiw@oht.org.uk

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What is respite?

We like to think of Respite as a break for everyone: users, carers and their families.

At Opportunity Housing Trust, we provide a quality respite service, either at home or away from everyday life, giving carers time to themselves, while those who are cared for get to new life experiences.

We've been providing a respite and short stay service to people across South Wales for more than twenty years, from our recently refurbished Cardiff homes, thanks to our team of highly qualified support workers.

One of the best things about the service is that it supports people with a learning disability to experience life away from their home. Many people enjoy developing independent life skills and making friends.

Opportunity Housing Trust has two respite homes based in Cardiff and both are registered by the CSSIW.



What can respite do for you?

Someone who stays...

- You learn independent living skills
- An experienced and dedicated team cares for you
- You get to meet new people and share a house with new friends
- You get to visit places you've never been before
- You can develop new hobbies and interests

As a carer...

- You enjoy the peace of mind of knowing your loved one is well looked after
- You can see them benefiting directly from their stay at respite
- You get a break

And here's what you've said about us...

"I enjoyed the company of the other service users"

"The staff are wonderful we've built great relationships with them over the years"

"I had fun trying new things"

"The houses were really nice"

"It was good to help around the house"

"I would like to come again"

"I am now thinking of my daughter moving onto independent living"

a break for everyone

