

Lansdown Gardens

Our Lansdown Gardens service in Cardiff supports adults with learning disabilities, Autism and/or mental health needs, promoting independence, recovery and community engagement. We focus on progression, skills development and meaningful lives, providing therapeutic support, positive behaviour support, and structured opportunities that help people grow, build confidence and move toward greater independence.

The service is proud to have been recognised for delivering excellent well-being, care and support, and leadership, with a warm homely environment that empowers people to:

- ✓ Make choices and be heard
- ✓ Build relationships and community connections
- ✓ Develop independent living skills
- ✓ Celebrate identity, culture and inclusion
- ✓ Set and achieve personalised goals

Our location offers excellent access to education, volunteering, health services and community resources, supporting opportunities for independence.

The Manager

Lauren Westgarth is the passionate Registered Manager with extensive experience in supporting adults with learning disabilities, mental health needs and Autism. She holds a Level 5 Leadership and Management in Health and Social Care (Adults) qualification, and the proud recipient of three Great British Care Awards recognising excellence in leadership — Winner of Care Worker of the Year (Wales, 2021) and Highly Commended Leader of the Year (UK, 2022). Winner of Frontline Leader Award (2025).

With her leadership style rooted in inclusion, empowerment and continuous improvement, Lauren believes strongly in creating a culture where both the people we support and our team feel valued, heard and able to thrive. She is passionate about this sector, having seen first-hand how the right support can transform lives, restore independence and ignite confidence in people who may have previously felt unheard or underestimated. Every day presents an opportunity to remove barriers, celebrate uniqueness, and help individuals achieve meaningful outcomes.

Lauren is deeply committed to showcasing the incredible work taking place within our service, driving high standards of care and promoting sector excellence. Chairing our Inclusion Forum, she ensures that diverse needs, voices and identities are recognised and embedded in daily practice, and strives for greatness not only for herself, but for every colleague and every person we support.

The Team

Lauren feels privileged to work with her highly skilled, stable and compassionate team who share a deep commitment to person-centred care. Together, the team create a culture of positivity, dignity and respect, aligned with our EPIC values — Excellence, Passion, Integrity and Caring.

Operating as a collaborative, reflective and values-driven team, rather than in isolation, ideas are encouraged and achievements celebrated. Staff are trained in specialist areas such as Autism, positive

behavioural support (PBS), mental health, communication etc. and many are working toward or have achieved formal qualifications. Their dedication directly contributes to the excellent outcomes we see for the people who live at our service.

The team compliments Lauren's leadership through their creativity, resilience, and ability to bring our values to life. They take pride in our inclusion initiatives, active support model, and our 'doing with, not for' approach, which has been recognised within regional and national forums.

Get in Touch

[Lansdown Gardens | Specialist Learning Disabilities Support in Canton, Cardiff – Accomplish Group | Accomplish](#)

For referrals, please call 03301 340056 / email accomplish.referrals@keys-group.co.uk

