

POSITIVE STEPS

**CHARITY
INFORMATION
FOR ADULTS**

Aims

- This information package created by Positive Steps Physiotherapy aims to provide information on charities available to adults with special needs, and may be used by:
 - Parents/Guardians
 - Carers
 - Individuals under 18 and transitioning into adulthood
 - Young adults
- As individuals transition into their adult years, there may be changes in funding and resources that continue to be available.
- Included within this document is a selection of charities that provide help, support and funding for individuals, including:
 - Equipment
 - Employment
 - Independent & Assisted Living
 - Education
 - Hearing & Vision Loss
 - Activities & Trips

POSITIVE STEPS

EQUIPMENT

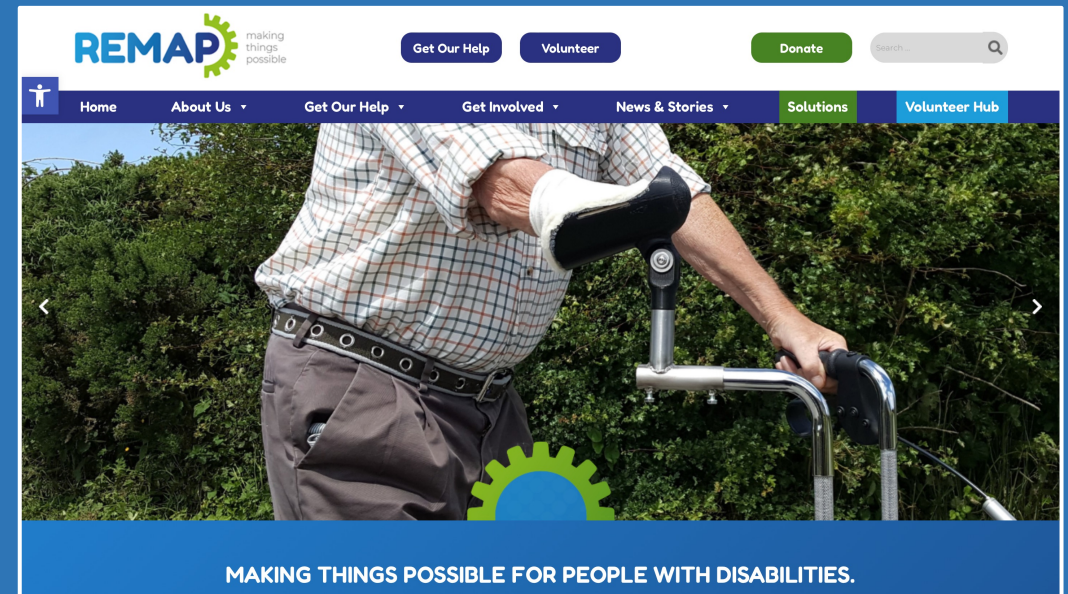
POSITIVE STEPS

REMAP



Who are REMAP?

- REMAP are a UK based charity that provide custom-made equipment, free of charge for people with disabilities.
- REMAP have over 65 branches across England, Wales and Scotland. All of the branches are operated by volunteers who dedicate their time and skills to supporting people with disabilities in their local area.
- REMAP aims to:
 - Design and custom-make equipment to help people with disabilities live more independent lives.
 - Produce equipment and adaptations that support mobility, aid you at home, manage personal care or enjoy sports and hobbies.
 - Help to improve quality of life and increase independence for people with a disability, no matter their age.
 - Provide solutions to everyday problems when there is nothing commercially available.



<https://remap.org.uk>

How can REMAP help?

- REMAP's service is for when there is nothing commercially available to suit your needs.
- Click the URL to find an archive of previous REMAP solutions. These may be pieces of bespoke equipment or adaptations that have been made by REMAP volunteers (<https://remap.org.uk/solutions/>)
- If REMAP cannot help, they will do their best to signpost you to any useful resources.
- However, REMAP do not:
 - Provide anything that is commercially available to buy.
 - Carry out repairs on items.



How to apply?

- Make an online referral (<https://remap.org.uk/referral-form/>)
 - Allow REMAP to take a few details about what you need, in order to assess whether they can help you.
 - REMAP will manage the personal details you give, sensitively and securely using the secure form.
- Unsuccessful referrals
 - If the equipment that would help you already exists, REMAP will encourage you to buy that.
 - MEMAP's help is for situations where there is nothing commercially available that is suitable for you.
- Successful referrals
 - If REMAP think they can help, a volunteer from your nearest REMAP branch will contact you to discuss your situation and understand what you need.
 - REMAP like to have an Occupational Therapist present too, to observe and provide their valuable input.
- Production
 - Following successful referrals, REMAP will design and make a piece of equipment specifically for you, in a way that meets your needs.
 - Sometimes REMAP will adapt existing equipment to make it more suitable for you.

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ELIFAR FOUNDATION



Who are the Elifar Foundation?

- The Elifar Foundation is a small charity which aims to help improve the care, facilities and equipment available to profoundly disabled children and young adults both at home or in residential care.
- The Elifar Foundation fund the purchase of a wide range of highly specialised equipment, which would otherwise be unavailable because of a lack of funds or because there is no statutory provision.
- The Elifar Foundation is run almost entirely by volunteers which means that a large proportion of the funds raised go directly to the people who need them.



<https://www.elifarfoundation.org.uk>

How can the Elifar Foundation help?

- The Elifar Foundation welcomes applications by, or on behalf of, individual children and young adults, aged 28 and under, with any form of physical or learning disability.
- The Elifar Foundation provide grants for a variety of items including:
 - Electronic wheelchairs
 - Specialised seating and beds
 - Eating aids
 - Adapted trikes
 - Hoists
 - Communication devices
 - Sensory toys and equipment
 - Specialist holidays
- Click the URL to find an archive of previous Elifar Foundation case studies. These may be pieces of bespoke equipment or adaptations that have been made by REMAP volunteers (<https://www.elifarfoundation.org.uk/how-we-help/case-studies/>)



How to apply

- Each application is assessed on an individual basis by the trustees and can be made using the Elifar Grant Application Form (<https://www.elifarfoundation.org.uk/wp-content/uploads/Elifar-Grant-Application-17.01.23.pdf>)
- The application form asks for quite detailed information. If you are unsure about any aspects or of the level of detailed required, please ask the Elifar Foundation.
- Trustees of the Elifar Foundation meet regularly to assess applications, but please note that grants are discretionary and subject to funding.

Appendix 1 – Grant Application Form

For office use only

Ref Number	Date
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Part 1 - Beneficiary Details

Title			
Surname			
Forenames			
Address including Postcode			
Landline Number		Mobile Number	
Email address			
NHS Number			
Date of Birth	Age	Female	<input type="checkbox"/>
Marital Status			
Does the beneficiary reside with the family	Yes	<input type="checkbox"/>	
If No, or part time, give details and address:			
Contact Name	Phone Number		

Part 3 - Brief Description of the Beneficiary

Please give details of the beneficiary's medical condition/disability and date of diagnosis. EF require you to submit a healthcare professional's diagnosis letter and a letter of support for the equipment requested with your application form

Part 4 - How much money are you requesting and what is the grant to be used for?

EF require you to submit ONE quote for equipment costing £3,000 or less and TWO quotes from different suppliers for equipment costing over £3,000

Grant amount requested (£)
Description of equipment required:

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EMPLOYMENT

POSITIVE STEPS

MENCAP



MENCAP

WHO ARE MENCAP?

Mencap are a UK based charity, supporting individuals with learning disabilities, as well as their families and carers.

Their vision is for the UK to be the best place in the world for people with a learning disability to live happy and healthy lives.

THE EMPLOY ME PROGRAMME

- Mencap have the EMPLOY ME programme, which aims to help individuals with a learning disability find work. They provide support for individuals and work directly with partners and communities to provide a bright future.
- Working with individuals at a younger age, so they are prepared to take the next steps into adulthood and find employment.

The EMPLOY ME programme contains 5 different specific programmes, which can be funded through a mix of local authorities, schools, and grant givers.

- 1) Head Start
- 2) Right Start
- 3) Employ Me NEET
- 4) Job Coaching
- 5) Skills & Training



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1) HEAD START

- Provides an intensive introduction to skills for the workplace and the world of work.
- Responds to the challenge around the lack of employment support for pupils in special schools.
- Head Start is designed to last a full academic year, with Mencap caseworkers working closely with individuals in schools to design a bespoke action plan, with activities to enhance their extracurricular.
- Workshops – understanding employment, building aspirations around employment, introducing CVs and understanding supported internships.
- Employer Engagement – events with multiple employers, guest speaker visits and work experience.
- Individual Support – CV building, vocational profiling, travel training and in-work support.
- Family Liaison – open days, engagement events and direct contact around work experience placements.

2) RIGHT START

- Addresses the challenges around the lack of exposure to employment support for individuals.
- Work with local authorities to identify suitable schools and learners for the programme.
- Is a 10-week programme delivered against the Gatsby Benchmarks, which can be planned to the specific needs of the individuals and schools.

Mencap caseworkers support learners to:

- Assess skills for work.
- Identify roles and sectors of interest.
- Explore ways to search for jobs.
- Develop a CV.
- Write a cover letter.
- Search for jobs online.
- Stay safe online.
- Learn about interviews.
- Practice interviews.
- Interact with employers – visiting a workplace and/or welcoming employer representatives to the school.

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3) EMPLOY ME NEET (Not in Employment, Education or Training)

- Offers employment support for individuals aged 16-24.
- Responds to the issue of younger people becoming NEET.

Is a year-long programme that can be delivered either to:

- Young people in school with a learning disability or autism at risk of becoming NEET.
- Young people with a learning disability or autism in the community who are already NEET.

Young people still in school

- Work with up to 10 individuals at risk of becoming NEET – in 1-2 schools identified by the relevant local authority.
- Personalised engagement plans will be developed – including key stakeholders, engagement activities, target setting, review meetings and transition planning.

For NEET individuals in the community

- Work with local authorities to identify NEET individuals that require outreach support in their community.
- Engage with people through individual and group activities.
- Some sessions will be delivered jointly with individuals who are still in school, to help the 2 cohorts provide motivation and support for each other and remain/return to education.
- Identify suitable community assets for future support – religious/cultural groups, fitness classes and society activity groups/clubs.



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4) JOB COACHING

- Partners with education providers who provide supported internship programmes, to deliver job coaching.
- Recruit and train highly skilled job coaches to work with individuals in a wide range of different job roles.

Job coaches provide:

- Tailored support to learners – like travel training.
- Support learners with completion of in-work tasks, gradually reducing support to ensure their independence in the workplace.
- Advocate with employers on learners' behalf to ensure reasonable adjustments are made as required/appropriate (eg. later start times, job carving)

5) SKILLS & TRAINING

- Aimed at helping individuals that are slightly older and do not have an Education, Health and Care Plan (EHCP)
- Bridges the gap to provide support to older people.

Skills and training programmes cover topics including:

- Getting a job – creating a CV, preparing for interviews, searching and applying, understanding rights and responsibilities at work.
- Understanding the workplace – understanding wage slips, health and safety, equality and diversity.
- How to cope when things go wrong – developing resilience, travel training, dealing with stress, healthy eating, keeping fit and communication skills.



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JOIN THE EMPLOY ME PROGRAMME

Register your interest here - employment.support@mencap.org.uk

EXPLORE THE EMPLOY ME PROGRAMME FURTHER

<https://www.mencap.org.uk/advice-and-support/education-skills-and-work/employ-me>

SUPPORTED INTERNSHIPS

<https://www.mencap.org.uk/advice-and-support/education-skills-and-work/supported-internships>

EDUCATION, SKILLS & WORK SUPPORT

<https://www.mencap.org.uk/advice-and-support/employment>

FINDING WORK - EASY READ GUIDES

<https://www.mencap.org.uk/advice-and-support/education-skills-and-work/finding-job/finding-work-easy-read-guides>



POSITIVE STEPS

TALKBACK

Talkback

DEVELOPING A WORLD OF POSSIBILITIES

TALKBACK

WHO ARE TALKBACK?

- Talkback are a UK-based charity, that strives to challenge mainstream thinking when it comes to disability and autism.
- They work with many different groups, with the sole purpose of making the lives better for individuals with a learning disability or autism.

TALKBACK EMPLOYMENT SERVICE

- Focuses on helping its members into the world of employment.
- Breaking down the barriers that hinder access to paid employment for people with a learning disability or autism.
- Gaining work experience, part-time or full-time, paid employment.

They offer a wide range of employment programmes that cater for all ages and abilities, including:

- Employment training
- Work experience
- Supported internships
- Social enterprise
- Support to maintain paid work



Talkback

DEVELOPING A WORLD OF POSSIBILITIES

POSITIVE STEPS

EMPLOYMENT TRAINING

- Helping individuals develop the skills needed for work.
- Travel training
- Relationship building
- Budgeting
- CV writing
- Job applications
- Interview techniques
- Workplace etiquette

WORK EXPERIENCE

- Provide a taste of the working world.
- Provide opportunities to gain experience in a work role.
- Build key work skills.
- Wide range of professions – including retail, agriculture and office-based work.

SUPPORTED INTERNSHIPS

- Enabling young people aged 16-25 with an Education, Health and Care Plan to achieve sustainable employment.
- Equip individuals with the skills required for work.
- Allowing individuals to learn at the workplace.



POSITIVE STEPS

SOCIAL ENTERPRISE

- Groups focus on learning practice and transferable work skills.
- Groups include The Accessible Workshop – that creates products from sustainable timber.
- These products are sold and reinvested into the workshop and its members or donated to create positive social change.

PAID EMPLOYMENT

- The ultimate aim is paid employment – including apprenticeships.
- Includes the option of ongoing workplace support.

WHO HELPS PROVIDE EMPLOYMENT?

- The aim is to work with local employers to maintain paid employment.
- Finding a placement that is right for the individual.
- Employers include Sainsburys, Green Dragon Eco Farm, Buckinghamshire Railway Centre, Vale of Aylesbury Housing.



PEOPLE'S STORIES

<https://talkback-uk.com/people-stories/>

MORE INFORMATION ON TALKBACK EMPLOYMENT SUPPORT

<https://talkback-uk.com/our-services/employability/>

EMPLOYABILITY BOOKLET

<https://talkback-uk.com/wp-content/uploads/2021/06/Employability-Booklet-May-2021.pdf>

CONTACT TALKBACK

<https://talkback-uk.com/contact-us/>



Talkback

DEVELOPING A WORLD OF POSSIBILITIES

POSITIVE STEPS

INDEPENDENT & ASSISTED LIVING

POSITIVE STEPS

GOLDEN LANE HOUSING



Golden Lane Housing

working in partnership with menCap

GOLDEN LANE HOUSING

WHO ARE THEY?

- Are an independent registered charity and one of the UK's largest supported housing landlords for people with a learning disability or autism.

WHAT IS THEIR VISION?

- Creating a world where everyone with a learning disability has the opportunities to access good quality housing that meets their needs.

WHAT DO THEY DO?

- Each year they help house over 100 people with a learning disability in supported living arrangements of their choice.
- Work with over 150 support providers to ensure people have access to the support they need to live independently in their home and community.
- Provide high quality rented housing, tailored to meet a person's needs.
- Help families make long-term plans through the use of legacies and family trusts.
- Provide specialist landlord services to tenants.
- Campaign for changes to housing related issues for people with learning disabilities or autism.
- Oversee the maintenance of over 1200 properties – including the implementation of their 10-year renovation programme and making sure they continue to meet and exceed requirements.
- Their in-house team, Resolve Solutions provide a personalised service to tenants.
- Provide a 24-hour emergency repair helpline.
- Give tenants the opportunity to have their say and get involved in the services they provide.



Golden Lane Housing

working in partnership with menap

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HOUSING SERVICES

- Liaison and advocacy.
- Assistance to keep safe and build an independent life.
- An individual approach to assisting with tenancy and housing management matters based on the needs of the tenant.
- Information and advice on finances and access to benefits.
- Ongoing housing support to maintain a successful tenancy.

FINDING A HOME

Step 1 – Request a needs assessment

- Contact the local social services department of the person seeking a Golden Lane Housing home and request a needs assessment.
- A needs assessment is the process in determining the amount of personal support a person requires, which can be funded by social services or through own arrangements.
- The assessment will be carried out by the local social services department and the individual will be assigned a social worker.

Step 2 – Apply for council housing

- Make sure the person seeking a Golden Lane housing home is on the local council house waiting list.
- Although joining the local council house waiting list will not necessarily result in being offered a council property, it is important the apply so the councils understand the needs of those in their area.
- The individuals assigned social worker will be able to assist with this process.

Step 3 – Contact Golden Lane Housing

- Contact them and they'll start working with you to find a suitable home.



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LEWIS, TOM AND RYAN'S STORY WITH GOLDEN LANE HOUSING

<https://www.mencap.org.uk/blog/lewis-tom-and-ryans-story>

CONTACT GOLDEN LANE HOUSING

- Phone – 0300 003 7007
- Email – enquiries@glh.orh.uk
- Website – www.glh.org.uk



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HOME FARM TRUST



HOME FARM TRUST (HFT)

WHO ARE THEY?

- They are one of the largest and longest established charities supporting people with learning disabilities.

WHAT IS THEIR VISION?

- Everyone has a right to the best life possible and that includes people with learning disabilities. But people with learning disabilities face obstacles that are hard to imagine – their challenges can be complex and lifelong. Even so, with the right care, support and encouragement, we believe everyone with a learning disability can find more enjoyment, comfort and satisfaction in their lives.

WHAT DO THEY DO?

- HFT help individuals live more independent lives in their local communities.
- Provide residential care or supported living options.
- Work in partnership with family members, carers, health professionals and the individuals to develop a person-centred package that is tailored to their needs.



POSITIVE STEPS

RESIDENTIAL CARE

- Provide residential care homes, which are adapted to meet the requirements of the people living there and provide specialist equipment for a range of specific needs.
- Provide personalised technology in the homes to assist with independent living.

Involvement & Independence

Everyone is supported and encouraged to take part in everyday activities as they can, including:

- Deciding how their home is run.
- Choosing their staff.
- Decorating their room, their way.
- Getting involved in the community.
- Enjoying leisure activities.
- Working to achieve specific goals – such as completing a training course or getting a job.

Specialist Services

- Some of the homes have been developed, built or adapted to meet specific needs.
- HFT staff receive specialist training that enables them to better support the people living there.
- Dementia care
- End of life care
- Supporting individuals with profound and complex needs.



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SUPPORTED LIVING

- Supporting and assisting individuals who want to move from residential care or family homes into their own place or a house shared with friends.
- Provide support in a way that suits the individual – whether it's round the clock or by dropping in to help with certain tasks, such as shopping, cooking or helping with bills.

Finding a Home

- Provide support in finding accommodation with local housing associations or private landlords.
- Finding accommodation that is already suited to the individual's needs or that can easily be adapted.
- Assist with understanding the tenancy agreements and paying rent.
- Can support the individual during the move.
- Help determine what support will be needed when moving into their own home.

Housing

- HFT has a dedicated housing department that manages supported living tenancies and also acts as a management agency for third party landlords.
- Can lease properties from private landlords and housing association.
- Can provide purpose-built houses that can be used for specialist services.
- Can help determine if the property is affordable, meets their requirements and if they may be eligible to claim housing benefit.

Staffing

- Staff are fully trained in person-centred active support, so that they are able to help the people they support enjoy higher levels of inclusion, independence and choice.

Personal Care

- HFT are registered as a domiciliary care provider – meaning personal care can be provided in the individual's home.
- All care is run to meet the Care Quality Commission standards.

Independence

- Support individuals and identify any opportunities to help them live more independently, safely and easily.
- Can include personalised technology – which can range from a gadget that reminds them to close the fridge door or a fingerprint lock, so they don't have to worry about forgetting their keys.
- Encouraging control of their own lives, do things without assistance and become active members of their community.



POSITIVE STEPS

CONTACT THE HFT TEAM:

<https://www.hft.org.uk/about-us/locations/>

Make an enquiry about housing or care support:

<https://www.hft.org.uk/about-us/contact-us/im-looking-for-housing-and-or-care-and-support/>



POSITIVE STEPS

EDUCATION

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ABILITYNET

The logo for AbilityNet is centered within a dark teal rectangular box. It features a white curved line above the text "AbilityNet" and a smaller white curved line below the "t".

AbilityNet

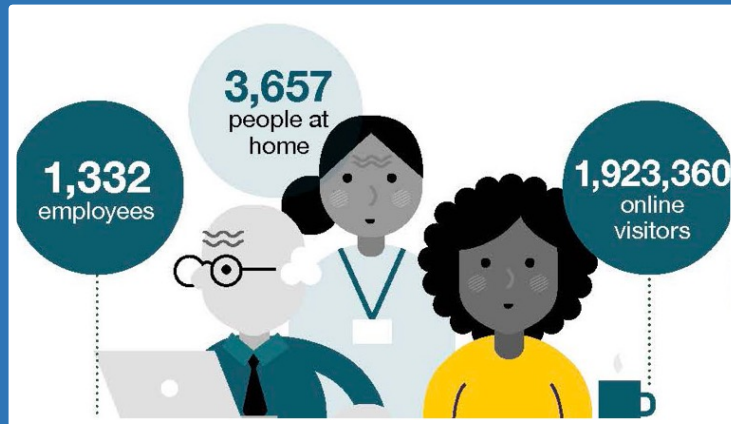
The logo for AbilityNet, featuring the word "AbilityNet" in a white, sans-serif font. Above the "i" in "Ability" is a white curved line, and below the "t" in "Net" is another white curved line, resembling a stylized smile or a bridge.

Who are AbilityNet?

- AbilityNet is a pioneering UK charity with a global perspective for people of any age.
- They believe the power of digital technology should be available to everyone, regardless of ability or age.
- Their free online resources and a network of over 300 community-based volunteers help individuals with any disability, or of any age, to use all kinds of digital technology.
- “Our vision is a digital world accessible to all!”

Who does AbilityNet help?

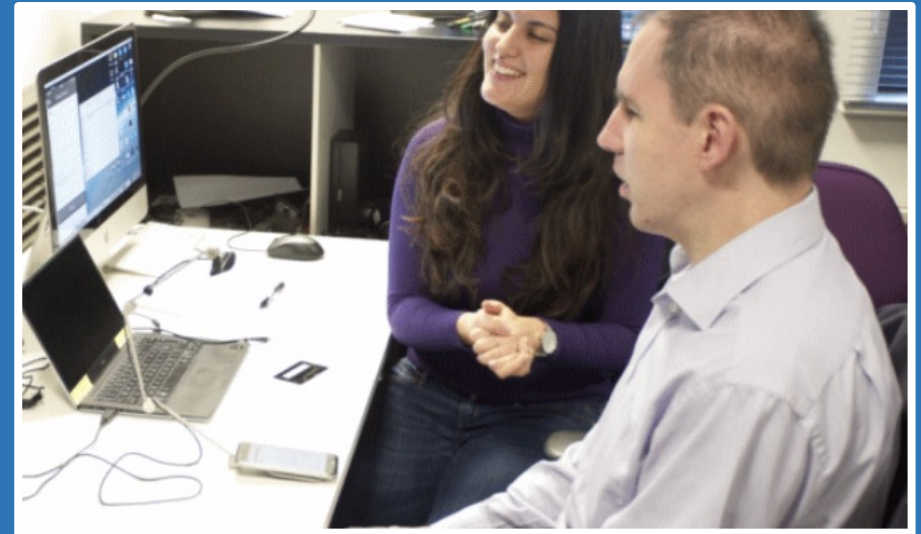
- Provides adults with learning disabilities and conditions, at home, in workplace or in education technological support
- Provides items such as computers, apps, website and other media to improve productivity and achievement.



- Services include...
 - Full Accessibility Audit
 - Diverse User Tests
 - Accessibility Consultancy
 - Accessibility Design Reviews
 - AbilityNet Accessibility Accreditation
 - Document Remediation
 - Accessibility Training for Teams
 - ICOMPLY Quarterly Accessibility Checks
 - My Computer My Way
 - Accessible Component Guide
 - Digital Accessibility Services for Higher Education and Further Education

What is My Computer My Way?

- The search guide offers step-by-step instructions on how to adapt your phone, computer or tablet to meet your needs.
- Provides detailed information on how to download software and adapt browsers for your specific computer operating system. This includes MacBook or Windows computers.
- You can search for a specific need (e.g. making text larger) or filter the guides based on your symptoms (e.g. hand tremor) or condition (e.g. dyslexia).



How to access help from AbilityNet?

- Go to <https://abilitynet.org.uk/>
- Click on the “Contact” tab at the top right of the home page
- Complete the “Free Support Form” on the website to request information or to get help
- Or call 08000487642
- Or email enquires@abilitynet.org.uk

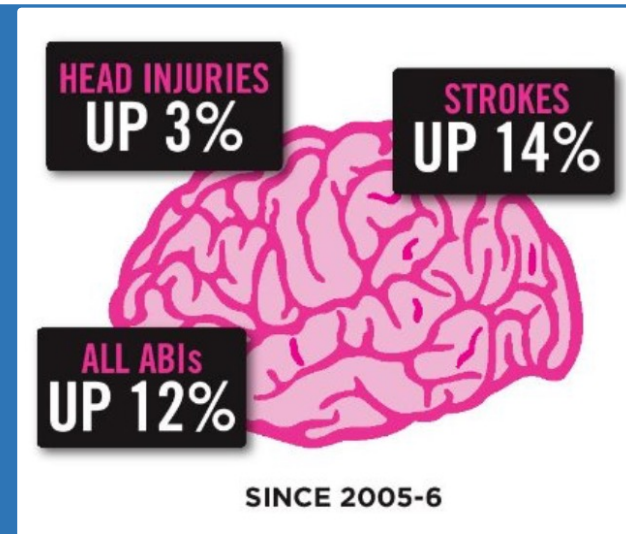
POSITIVE STEPS

HEADWAY



Who is Headway North Staffordshire?

- Headway North Staffordshire is a leading UK charity that provides a safe and caring environment offering specialist rehabilitation and respite for people 18 plus with acquired traumatic or stroke brain injury.
- Headway North Staffordshire promotes a wider understanding of all aspects of brain injury and provides information, support and services to people with brain injury, their families, carers and friends and professionals concerned with brain injury.



Who does Headway help?



- Specializes in rehabilitation and respite for people 18 plus with traumatic or stroke brain injury.
- Headway has a range of services designed to include...
 - Opportunities to relearn lost skills in education
 - Help for people to access activities they could not otherwise do (ex. Go swimming)
 - Training in all aspects of day-to-day living skills
 - Travel training
 - Supported training and voluntary placements
 - Help with the transference of skills into the home/community
 - Support for people to access other community activities
 - Help for people to go on holiday
 - Assistance for people to attend social activities
 - Assistance for people to understand their brain injury
 - Help for people to develop coping/compensation strategies
 - Support for people to live independently/in the community
 - Training for people to understand brain injury
 - Help for people to plan and set realistic personal goals
 - Help for people to develop strategies for managing inappropriate social, sexual and aggressive behaviours
 - Opportunities to access new/previous interests/hobbies
 - Maintenance and avoiding deterioration

What is offered at Headway House?

- Headway House provides facilities for improving, physical, emotional, social domestic and educational skills.
- Headway House has several large open spaces and numerous smaller rooms for specific activities – all set out on two floors with full disabled access, including toilets and lifts.
- Headway House aims to provide a wide range of activities providing rehabilitation, social, educational, leisure, employment preparation, community skills and maintenance programs.
- Activities and facilities available to all service users include:
 - IT facilities, Woodwork Room, Communal Areas, Arts and Crafts, Quizzes, Bingo, Cooking, Life Skills, Gardening, Games Room (including pool, table tennis, and darts), Gym and therapy department, Group Activities, Swimming, Country walks, Shopping trips, Days Out, Outside Visitors (ex. Travelling Zoo, Pet A Dog), Information talks, Careers Support, Counselling Services, Physiotherapy and Occupational Therapy

How to access help from Headway North Staffordshire?

- Go to <https://headwaynorthstaffs.org/>
 - Click the Services and Facilities tap on the top right of the home page
 - Follow the drop-down arrow and click on Referrals
 - Download the “Headway House Referral & Risk Assessment Form”
 - Print and complete the form in wet ink
 - Scan the form and post it to: Headway House, Elder Road, Cobridge, Stoke-on-Trent ST6 2JE, or email it to referrals@headwaynorthstaffs.org
 - For general enquiries, the “Contact Us” tab on the top right of the home page provides a form to send an email.
 - A phone number is also listed: 01782280952
- People with acquired, traumatic, or stroke-related brain injuries, their families, or carers can ask to be referred to Headway to gain access to the services we provide.
 - They accept referrals from: Self (A health professional will still need to complete parts of the form), social worker, GP, CPN, Physiotherapist, Case worker, and any other such professionals.

POSITIVE STEPS

HEARING & VISION LOSS

POSITIVE STEPS

DEAF WORLD



DEAF WORLD
Creating Change

Who is Deaf World?

- Deaf World is a young people's service and registered as a charity since January 2009.
- They work in partnership with hearing-impaired young people aged between 11 and 25 living in the West Midlands.
- Deaf World aims to enable and empower deaf and hard-of-hearing young people to access challenging opportunities and take ownership of the decisions that affect their lives through education, training, leisure, social and cultural activities.
- Deaf World has a Board of Trustees, 3 part-time staff- a Development Manager, an Administrator, a Support Worker and volunteers that maintain the organization.
- Deaf World works in partnership with young people, their parents/carers, schools, colleges, NHS, Birmingham and Sandwell young people's service to ease and enrich the transition into adulthood for all our beneficiaries.



DEAF WORLD
Creating Change

Who does Deaf World Help?



- Deaf World in consultation and partnership with deaf and hard-of-hearing young people will endeavour to offer challenging programs and opportunities.
- Programs that will enable young people to grow, develop, gain confidence and acquire independent living skills. Some examples could focus on opportunities such as outward-bound residential, social, cultural and leisure activities, governance and democracy projects, international youth exchanges, and opportunities for employment, training and education are just some of the potential challenges that can be developed and led by young people.

What projects has Deaf World developed to help the deaf community?

- 1st Gear
 - The 1st Gear Project is an opportunity to get behind a wheel of a car and learn to drive safely.
 - The project enables young people to acquire up to 25 hours of driving under the guidance and supervision of qualified driving instructors and British Sign Language Interpreters. Young people will begin to learn to drive on an off road site to familiarize with the car, the driving instructor and establish good communication with the support of the interpreters.
 - The 1st Gear project opens up many opportunities for independency, employment, builds confidence and continues to assist young people in their transition.



POSITIVE STEPS

- Leadership Training

- The youth forum members embraced the opportunity to become potential inspiring leaders. The first training residential took place at the Pioneer Centre in Shropshire that combined learning and activities.
- The leadership training commenced from a position of “Starting from Strengths” and worked through the rudimentary of taking responsibilities.
- Young people felt comfortable in sharing their observations and made recommendations for the next training residential and as a group chose self-catering.
- It was here that the group decided to raise funds for the youth forum by planning and facilitating a Comedy Show inviting the famous Deaf Comedian John Smith.



POSITIVE STEPS

- Youth Forum and Steering Group
 - Young people identified their needs and aspirations and were given the opportunity to take ownership of realizing that challenge.
 - The youth forum consisted of 10 young people who were keen to ensure that their needs were going to be met. Meetings were held to move the process forward and young people visited youth centres in the area to set up their youth club.
 - Deaf World felt the need to support and skill up the members of the youth forum and worked in partnership with them to plan and deliver the Leadership Training program.
 - The youth forum has now moved onto the next phase and is now the Steering Group.



POSITIVE STEPS

- Residentials
 - Deaf World has delivered outdoor activity residentials from Edale in the Peak District to Anglesey in North Wales and Paris in 2019. For some young people this was the first time away from the home environment and from their city or town.
 - The residential gives young people many challenging opportunities and draws them from their comfort zone. It builds confidence, acquire different skills, make friends, have fun and experience new opportunities.



POSITIVE STEPS

- Ju-Jitsu
 - Safer Majid is a Black Belt 1st Dan in Ju Jitsu. Safer has aspirations to set up his own academy in the future. He has been working in partnership with Deaf World to deliver Ju Jitsu sessions at different locations in the West Midlands.
 - Deaf World and Safer are working in partnership to assist him to realize his ambitions



POSITIVE STEPS

- Day Trips
 - Deaf World continues to provide fun days for young people and their families. The fun days are varied from theme parks to seaside resorts and prove to be popular. This is a good opportunity to spend some time together with family and friends and many look forward to the day trip.
 - It is a very good way of meeting lots of new people and talking about Deaf World and the services it offers with young people and their parents or carers.



POSITIVE STEPS

- Deaf Zone Youth Club
 - The Deaf Zone Youth Club is an initiative from young people after a consultation that took place in October 2016.
 - The youth club sessions have been delivered at the Lighthouse young people's centre in Aston, Birmingham. Currently the sessions will be at the Small Heath Centre in Birmingham.
 - The sessions enable young people to meet up and socialize in a safe and friendly environment, partake in social activities, plan and prepare a program of activities
 - Some of the sessions are facilitated by young leaders and other deaf professionals are also invited. The youth club also hosts cultural and social activities with artists and comedians for entertainment and refreshments and food provided.



How to access help from Deaf World?

- Go to <https://www.deaf-world.org>
- Click on the “Contact” tab on the top right of the home page
- Fill out the email form to make an enquiry, or phone 01214544414 to get more information.
- You can send a direct email to info@deaf-world.org
- Or, you can visit in person at Deaf World, Summerfield Community Centre, Winson Green Rd, Birmingham B18 4EJ

POSITIVE STEPS

STAFFORDSHIRE SIGHT LOSS



Staffordshire
Sight Loss

Who is Staffordshire Sight Loss Association?



- Staffordshire Sight Loss Association formed at the end of 2017 with the aim of providing much-needed face-to-face services for blind and partially sighted people in North Staffordshire.
 - The charity was set up by a group of local people wanting to make a difference in their community.
- Staffordshire Sight Loss Association is a community-led charity; delivering services that the community wants and needs is at the heart of what we do. This involves:
 - Easily accessible face-to-face services that are delivered out in the local community at accessible venues rather than in one central location in North Staffordshire.
 - Opportunities to meet other people with shared experiences
 - Opportunities to try new activities and to gain new experiences
 - Opportunities to find out about and to try daily living equipment before purchase
 - Up-to-date information and advice about technology along with demonstrations
 - Information and advice that includes local knowledge about services and events.
 - Help with forms and applications

Who does Staffordshire Sight Loss Association help?

- Staffordshire Sight Loss covers the geographical regions of Stoke-on-Trent, The Staffordshire Moorlands and Newcastle-under-Lyme
- They are committed to delivering services that are accessible and locally delivered. They take the Community Hub and other services to a variety of towns and locations across North Staffordshire and visit people at home where required.

Local Support, advice and information for people living with sight loss in North Staffordshire.



What services are available through Staffordshire Sight Loss Association?

- **Online Groups and Activities**
 - Throughout COVID-19, Staffordshire Sight Loss was able to provide online services through the Zoom platform, but has since returned their face-to-face services and provides a balance of in-person and online services.
 - These groups are free to attend for those living in North Staffordshire.
 - Activities include...
 - Monthly Zoom Video/telephone social group
 - Monthly Book Club
 - Live Facebook Video Updates
 - Closed Facebook Groups
 - Zoom Yoga Classes
- **Welfare Rights Support**
 - If you have sight loss you may be entitled to disability benefits such as Personal Independence Payment or Attendance Allowance. You may also be entitled to other means-tested benefits depending on your circumstances. Whatever your situation the benefits system can be a confusing and daunting thing to navigate.
- **Telephone Befriending**
 - It is not unusual for some people with sight loss to feel isolated especially in the current climate when it is even more challenging to get out and about. The telephone befrienders can call you for a chat either weekly or fortnightly, whichever you prefer.
 - They will aim to match you with someone with similar interests and the service is an opportunity to speak to someone who understands what it is like to live with sight loss from personal experience.
 - You may want to talk about your experience of sight loss or you may want to talk about something completely different, the conversation is guided by you.

POSITIVE STEPS

- **Community Independent Living Service**

- Home visits can be conducted where a full needs assessment is completed, determining...
 - How you manage daily tasks
 - How you manage finances
 - What registration means for you
 - How you get out and about
 - How you access social activities
 - How you use technology such as phones and computers
- There is also support with...
 - Benefits advice: from calculations and help with forms to support attending tribunals.
 - Support with grants for equipment
 - Support with applying for concessions such as Blue badges
 - Support with housing issues
 - To arrange an appointment, call 07931327018

- **In-Person Social Groups and Activities**

- Staffordshire Sight Loss Association holds a number of Social and Peer Support groups across North Staffordshire. These range from meet-ups in cafes, to groups with speakers and activities. They have found that opportunities to meet other people who understand because of their shared experiences can have a massive positive impact on emotional well-being and confidence.

- **Community Hubs/Resource Centre**

- Popping up in community rooms across North Staffordshire, the Community Hubs are an opportunity to try an extensive range of daily living equipment all designed to help people with sight loss to maintain their independence. There you will find items such as...
 - Talking clocks and watches
 - Accessible kitchen equipment including talking microwaves and scales
 - Lighting
 - Video magnifiers
 - Eye shields
 - Talking labelling devices including Penfriend
 - Signature guides
 - Plus much more...
 - Visit <https://ssla.org.uk/community-hubs/> to determine when these services are available in your town.

POSITIVE STEPS

- **Technology Support Services**

- Accessible technology can open a world of possibilities for people living with sight loss. It can help with reading, with accessing the internet, with navigating and with using social media to name only a few uses. The new technology services are designed to provide you with the support that you need to use technology in your day-to-day life. These include...
 - Technology awareness sessions
 - One-to-one technology support
 - Technology Steering group

- **Awareness Event**

- The annual Staffordshire Sight Loss Awareness Day in Hanley is a must for your diary. Last year they brought together 29 different organizations all holding information stands to provide information about their services and products.
- These included local, regional and national organizations and ranged from charities that provide services and organizations that produce daily living equipment to technology companies demonstrating the latest gadgets.

- **Friends and Family Sighted Guide Training**

- Sometimes people with sight loss need a bit of help getting around – even if they have a guide dog or use a cane. Difficulties can be caused by unfamiliar or busy places or environments such as complex town centres.
- Learning a few simple sighted guiding techniques can help your friends and family to feel ready and confident to help if they are needed.
- Staffordshire Sight Loss Association works alongside Guide Dogs to bring their Friends and Family Sighted Guiding sessions to North Staffordshire. These sessions are designed to provide helpful practical tips in an informal setting. Learn how to guide in a safe and appropriate way including through narrow spaces like doorways and up and down stairs.



• Awareness Training

- Staffordshire Sight Loss Association Visual Awareness Training can help to:
- Break down misconceptions and stereotypes about sight loss.
- Provide the necessary information and advice to eliminate the fear of doing the wrong thing and build confidence when assisting blind and partially sighted people.
- Provide a better understanding of the barriers and challenges that blind and partially blind people face in day-to-day life with the aim of making the community a more inclusive and understanding place to live.
- Help businesses and other organizations to understand how to make things more accessible and provide a better customer experience.
- Teach children about sight loss at an early age to prevent misconceptions and stereotypes from affecting their future behaviours toward blind and partially sighted people.
- We can provide awareness training for organizations such as businesses, schools, nursing homes, transport services and hospitals. Some training may incur a charge.



How to access help from Staffordshire Sight Loss Association?

- Go to <https://ssla.org.uk>
- Click on the “Contact page” tab at the top right of the home page.
- You can email hello@ssla.org.uk to arrange a discussion based on eligibility.
- Or, you can phone 07931327018 to get more information or speak to someone directly.

POSITIVE STEPS

ACTIVITIES & TRIPS

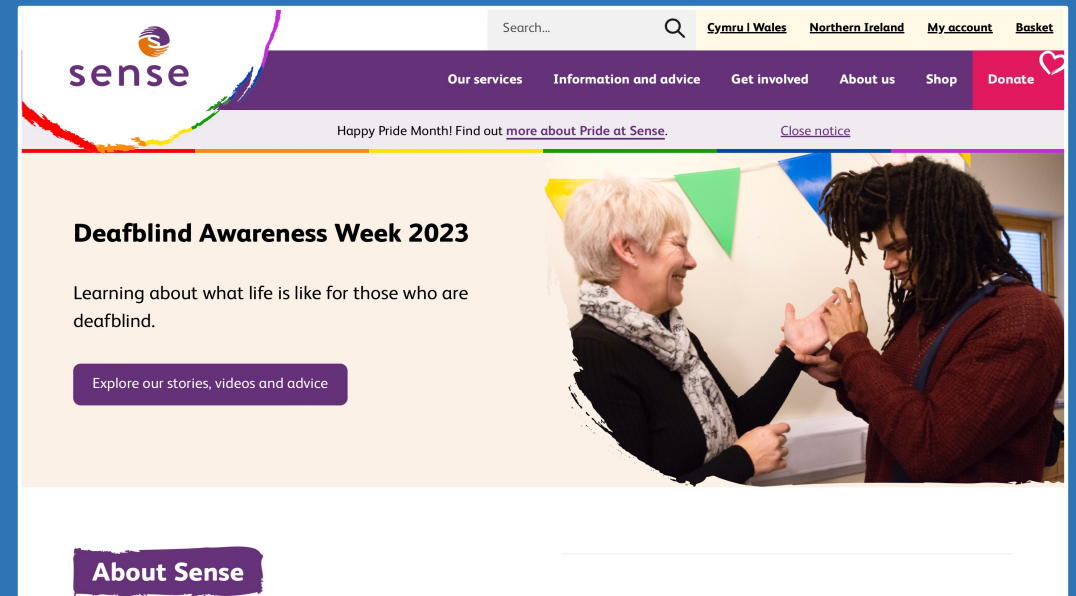
POSITIVE STEPS

SENSE



Who are Sense?

- Sense are a UK based charity that support everyone who is deafblind or has complex disabilities.
- Sense have 20 centres and colleges in communities across England, Wales and Northern Ireland, with Sense Scotland also operating a further 3 centres. Through their sister charity, Sense International, they are also active in 8 countries around the world.
- Senses' network of centres offer both residential care and virtual support, while also providing lifelong opportunities for disabled people to be creative and active through holidays, arts, sports, and wellbeing programmes.
- Sense aim to:
 - Give children and families get the best possible start.
 - Support adults to live and learn at every stage of their lives.
 - Reduce loneliness and increase individuals' connection with their communities.
 - Increase societies awareness of the impact of their work and is inspired people to take action.



<https://www.sense.org.uk>

Who are Sense services for?

- Sense services are for adults who are deafblind, have multi-sensory impairment or have complex disabilities.
- Everyone is different, but complex disabilities could mean that you have two or more of the following:
 - Sensory impairment
 - Learning disability
 - Physical disability
 - Autism

Who services do Sense offer?

- Day Services
- Short Breaks
- Holidays

Sense Day Services

- Day services offer the chance to learn, grow in confidence and try all sorts of interesting and fun things. Opportunities include:
 - Training in key life skills (e.g. using public transport, libraries or shops)
 - Activities in the community (e.g. horse riding, trampolining or climbing)
 - Day trips to the cinema, theatre, zoo or natural beauty spots
 - Fun fitness classes (e.g. dance, yoga, Tai Chi or Zumba)
 - Arts and crafts (e.g. digital art, pottery, woodwork)
 - Cookery and baking
 - Music sessions
 - Gardening



How to access Sense day services

- You could be referred to Sense day services by:
 - Your social worker or transition worker
 - Your GP or another health professional
 - Your family or a friend
 - Yourself
- Sense are available from 9am to 5pm, Monday to Friday on 0300 330 9256 for free and impartial information about living with complex disabilities, including deafblindness.
- Sense will meet you to get to know you, your strengths and your needs.
- If Sense feel like they can offer the right support for you, we'll offer a place on our services.

Sense Short Breaks

- Sense's short breaks are outings and trips for people with complex disabilities, which provide carers with an opportunity to take a break from caring, this is often known as respite care.
- Everyone on a Sense short break is supported by experienced staff or empathetic volunteers who have had thorough training.
- Sense's expert team will support your child while you take some time off – so both of you can relax and have fun.

What types of short break does Sense offer?

- Buddying
- Weekend/Holiday clubs
- 1-1 personal assistant support in the community, such as after-school care or accessing services.
- Days out on sensory walks, ice skating, dolphin watching or at a theme park.
- Sensory play, messy play, crafts, cooking and sports.
- Trying new hobbies like theatre or music.

How to apply for a Sense Short Break

- Fill out the online application form to get in touch with the team and they'll help you learn more about the services (<https://www.sense.org.uk/our-services/meeting-people/sense-short-breaks/#apply>).
- They can also advise on whether you need to apply through your local authority for some funding.
- Most of these services are funded by local authority or direct payment, so you'll likely need to complete a local authority assessment. Get in touch with Sense for help on completing an assessment.



Sense Holidays

- Accessible holidays for people with complex disabilities.
- Sense Holidays promise postcard-worthy adventures in the country's most picturesque spots, all with expert carers and volunteers at your side.
- Every Sense Holiday is an opportunity to make friends for life. You will be grouped together with other holidaymakers around your age, with similar communication styles and similar interests.



Costs

- Each holiday costs between £400 and £800 (note this doesn't include transport to and from the venue).
- When you accept an offer of a place on a Sense Holiday, you'll be asked to pay a non-refundable deposit of £200. This will be deducted from the overall cost of your holiday.
- If you're finding it difficult to pay for your holiday, Sense Holidays Grant application forms will be made available with all holiday place offers. Grants can cover partial or full cost of the Sense Holiday, up to £800.

How to apply for a Sense Holiday

- Fill out the online application form (<https://app.betterimpact.com/Application?OrganizationGuid=985f9388-8e43-4243-a9b5-807177d367b1&ApplicationFormNumber=1>).
 - This asks for your top three holiday choices, details of medication and daily routines you want us to know about.
 - If you're new to Sense Holidays, please be sure to complete and attach any additional information in full.
 - Unfortunately, incomplete applications will not be accepted.
- Applications are reviewed
 - All holiday applications are carefully reviewed so that Sense can start building holiday groups based on age, communication style and interests.
 - If Sense are able to offer you a place on a Sense Holiday, they ask that you accept or reject the offer as soon as you can.

POSITIVE STEPS

Although not an exhaustive list, we hope that this document has provided valuable information on adult charities.

If you have any questions about yourself or your child physiotherapy needs, please contact Positive Steps Physiotherapy at:

- Website: <https://www.positivestepsphysio.co.uk/contact.html>
- Phone: 07801 238819
- Email: lorna@positivestepsphysio.co.uk
- Facebook: Positive Steps Physiotherapy
- Twitter: @StepsPositive