South Glos. Transitions: Community Inclusion 2019/20

A Guide for Young People and their Families
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Written and Prepared by Christopher Brodigan & Sharon Biggs from the 0-25 Transitions Team and with input from South Glos. Parents and Carers
Overview

This booklet gives information on social opportunities within our local authority.

This pathway can be spilt into two elements:

1. Developing friendships and relationships
2. Being part of the community

Both elements may require support around social skills, such as conversation building, confidence & self-esteem and communication & interaction. Also, it is important that you have a choice in what you do and where you go so that it can be a positive experience where you feel valued.

To access some of the opportunities in this booklet you will need to have a social worker. If you don’t have a social worker and you feel you would benefit from one, you can ask for an assessment.

For children up to the age of 18 contact Access and Response Team 01454 866000

For young people over the age of 18 contact the CSO (Customer Service Office) on 01454 868007

Many young people do not have a social worker. We need to be able to signpost young people and their families to accessible services that may not require social funding.

On Pages 13 and 14, you will find the Ignite logo. The Ignite brand is a Disability Inclusion ethos embedded into a local club from the Access Sport organisation.

* * *

Every Local Authority must follow the NICE (National institute for Health and Care Excellence) guidance. Follow this link to see the guidance given for transitions: https://www.nice.org.uk/guidance/qs140

Further guidance can be found here: https://www.preparingforadulthood.org.uk/
Flowchart

Establish Current Social Mapping

Identifying individual’s social need

Link to other pathway

Signpost

Explore & evidence (engagement)

Visits/ Tasters

Funding agreement (commissioning)

Reflection & Feedback / Selection Choice

Health:
- IPBS
- CLDT
- GP (mental health)

Housing:
- Shared Living

Employment:
- Volunteering

TRANSITION
Travel

**Independent Travel:** Travelling independently through private (driving a car) or public transport (bus, train, taxi etc.). You may find it useful to visit the Disabled Motoring UK website: [https://www.disabledmotoring.org](https://www.disabledmotoring.org)

**The Driving and Mobility Centre West of England:** A team of Occupational Therapists and Driving Advisors can do assessments to check a person’s ability to drive safely and in comfort.

You can find out more by visiting their website: [http://drivingandmobility.org/](http://drivingandmobility.org/)

**Travel Training:** This service supports children and young people between the ages of 14-25 to build skills and confidence to travel independently. Referrals are made by emailing traveltraining@southglos.gov.uk

![Diamond Card](image)

**Diamond Cards:** If eligible (ie. Blue-badge holder, claiming PIP etc.), this pass can entitle someone to free off-peak travel anywhere in England. The Diamond Card can be used as a contactless card on the ticket machines. You can read more by visiting our website: [http://www.southglos.gov.uk/transport-and-streets/transport/public-community-and-school-transport/bus-pass/how-to-apply-for-a-diamond-travelcard/](http://www.southglos.gov.uk/transport-and-streets/transport/public-community-and-school-transport/bus-pass/how-to-apply-for-a-diamond-travelcard/)

**Community Transport:** Provides a variety of services to help people who cannot use public transport due to lack of availability or for people without access to suitable transport. The three South Glos. services are **Four Towns and Vale Link Community Transport**, **Green Community Transport** and **Kingswood Community transport**. They require a small registration fee. Costs are approximately 45p per mile, or 35p with a Diamond Card

![Community Transport](image)

**Blue Badge:** A person registered as disabled and/or with a permanent or long-lasting health condition can apply for a Blue Badge. This may help someone park closer to their destination. You can find out more from our website: [http://www.southglos.gov.uk/transport-and-streets/parking/parking-permits-blue-badge/](http://www.southglos.gov.uk/transport-and-streets/parking/parking-permits-blue-badge/)
Groups for Young People and their Families

There are a number of groups for Young People and their families in South Gloucestershire that provide activities or things to do up to the age of 25.

NOTHING SPECIAL
Encourages young people with additional needs to socialise, get fit, have fun and to become part of society. They organise meet ups not only for young people but parents / carers for everyone to get to know each other. Examples of activities include bowling, crazy golf, picnics, Apple courses, GAME sessions and a disco.

Website: www.nothinspecial.org.uk
Email: jason@nothinspecial.org.uk

JIGSAW THORNbury
Run various activities for Children and Young people 0-25 and their families include the following:
- Sensory Lending Library
- Events and activities
- Volunteer Programme

Find more details on their website: https://www.jigsawthornbury.org.uk

NAS South Gloucestershire Branch
The local National Autistic Society branch run various activities for Children and Young People, 7-25yrs.

Please check the website for further details:
http://nassouthgloucestershirebranch.webeden.co.uk/ or email southgloucestershire@nass.org.uk

Special Friends Club
They arrange events, meet-ups and activities.

They run activities for Children and Young People up to the ages of 25 and their families.

You need to be a member. More details can be found on their website: www.specialfriendsclub.org.uk

Incredible Kids
Provide a safe place for families with children 0-25, who have special needs, to come together and spend quality time as a family.

Sessions are currently held at:
Bourne Christian Centre,
Waters Road, Kingswood, Bristol, BS15 8BE

Please check their website for more details
http://www.incrediblekids.org.uk
Day Opportunity Providers:

**Design House: Staple Hill**
Accessible building located off Page Park
- Activity ‘dome’ room
- Fleet of vehicles for transport and community access
- Break-out areas
- Individualised timetables
- Total communication
- High support needs options available
- Person-centred reviews to develop outcomes
Call the referral line: 0800 044 3255 (for signposting)
Design House: 0117 965 1447

The Park (South) Knowle.
Community facility with on-site links to alternative day provisions animals, fitness etc.
Ruthven Road, Filwood.
The Park (North) Horfield. Fully equipped and accessible with good sized rooms.
- Support for multiple complex needs
- Sensory rooms
- Accessible changing facilities
- Fleet of vehicles, including buses.
Knowle: 0117 903 9804
Horfield: 0117 950 6844

**Vassall Centre, Fishponds**
Day service for mixed-ability adults with learning difficulties providing work-based and sensory activities, with a focus on social enterprise.
Projects include horticulture, cooking, art work, sport, choir, PROPS print workshop, producing cards, soap, candles, chutney for the PROPS pop-up stall.
Encouraging a work ethic and community inclusion. Work is certified by the AQA Unit Award Scheme.
Contact: 0117 965 3514
https://www.propsbristol.org/

**Stepping Forward**
The Batch Community Centre, Warmley
The Park (South) Knowle
Take part in activities, inc. swimming, craft, woodland projects
- Make and sell crafts
- Help to find employment (paid and voluntary) (Link to Employment Pathway)
- Community leisure opportunities (cinema, theatre etc.)
- Independent skills, such as cooking
- Zumba
General enquiries: 0117 970 9300
info@milestonestrust.org.uk

**The Park (South) Knowle**
Community facility with on-site links to alternative day provisions animals, fitness etc.
The Bingham Centre, Frenchay
Day service for adults, including:
- Complex needs
- Activity rooms
- Sensory room
- Accessible changing equipment
- Sensory garden
Tailored programmes for activities in-house or community based
Karen Fisher: 0117 302 6170

Thornbury
Camphill Community, providing day opportunities.
- Workshops including woodwork, knitting, weaving, basket making, felting, candle and paper making, horticulture.
- Social Enterprise – Veg Box Scheme.
Complete an online enquiry form or email admin@hatchcommunity.org.uk
Phone: 01454 413010

Fired Up
Ceramic craft based social enterprise
01454 312 606 Email: info@firedupceramics.org

Bristol Community Links: BCL
Day Centres for activities, socialising, community access and sensory provisions.
North – Southmead, 0117 903 8640
Central – St George, 0117 903 0470
South – Knowle, 0117 377 2720

Causeway House, Lodge Causeway
For people with PMLD and complex health needs.
- Accessible changing facilities.
- Fleet of accessible vehicles.
- Modern facility.
- Community access promoted.
- Sensory Room
- Access to other therapies supported.
General Enquiries: 0117 9657220
info@design4life.co.uk

Carrswood
Twerton, Bath
Large, modern facility that works on outcome based activities. Supporting adults with learning difficulties to develop skills and access opportunities.
Practical support to enable service users to have increasing control over their lives and prevent social isolation.
Tel: 01225 396 070
Email: BATHNES.CHNSAdmin@virgincare.co.uk
There are other community activities in our authority. Here are just a few more, some may require payments or membership to access them.

Kingswood
Drop-in activity timetable and social group. Including karaoke, table top games, pottery, art and craft. Sensory room and refreshments available.
18yrs + for adults with learning difficulties. £6 for half a day. Open throughout the week: Mon-Wed, Fri-Sat.
Advocacy service and independent living skills courses available
0117 961 4372
Office@thehiveavon.org.uk

BASS
Armadillo Centre, Yate
Service for adults on the Autism Spectrum. Free drop-in social group Friday afternoons.
Wellbeing groups and support and advice groups.
On-site psychologists, social workers.
Call: 01275 796 204
Email: awp@bass.nhs.net

NEW BEGINNINGS
Methodist Church & The Red Lion, King William Pubs, Staple Hill
Arts & Crafts, Singalong, Skittles and Darts.
Generally older peer group.
Call: 0117 422 0304
Email: info@newbeginningsbristol.co.uk

SUF (Service User Forum)
Build social relationships, join hobby groups, go on trips.
• Gardening: Kingswood
• Outdoor activities: Cintre house
• Art Group: Southmead
• Games Group: Bristol & Cintre House
0117 923 7129
Scott.hopkinson@cintre.org

Coalpit Health
Provision for adults with physical and sensory impairments (and mild learning difficulties)
Quizzes, baking, trips out and holidays.
£46.98 per day.
Contact: 01454 777 236
info@paulsplace.org.uk

Meet Up and Feet Up
A weekly drop-in group for women with autism: Barton Hill Settlement Fridays 10.30am-12pm, Bristol Folk House (Park St) Tuesdays 6-7.15pm.
Audi.ms19@gmail.com or call 07469237873

AbleCrafts
Person centred small groups
Practical workshop setting
Art and design within inclusive environment
07988414976
helloablecrafts@gmail.com
facebook.com/AbleCraftsBristol
**Evening Social Groups**

**SMILE**

**Friendship Club**
Yate
Activities such as discos, karaoke, bingo, games, quizzes and animal encounters.
Fortnightly every Tuesday, 6.30-9pm for £4 entry.
Smile does not provide 1:1 support, but allows PA’s to support.
Call: 01454 853199

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**Brimsham Green Youth Centre**
Brimsham Green School, Yate
- Monday: 7-9pm – Senior night Years 9+
- Wednesday: 7-9pm LDD night 11 – 25 year olds. Carers welcome.
- St Nix Youth Centre, Yate running open access sessions (11-19yrs), Fri between 7-9pm and the Urbie which goes out to local parks on a Wednesday and Friday between 6-9pm
  rfarrow@lpw.org.uk

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**Filton**
- Bright Sparks, 9-17yrs Thursdays 5.30-7pm
- Illuminators, 18+yrs Thursdays 7.30-9.30pm
- Step Up, 15-18yrs, Mondays at Filton
- The Hangout, 15-18yrs, Tuesdays at Little Stoke (6.30)

Contact Debbie or Lisa 0117 9691938
Email: info@facefilton.org.uk
http://facefilton.org.uk

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**The Link Centre**
Coniston Community Centre, Patchway
Self-contained within the community centre. 18+yrs with learning difficulties. Social room with a pool table. Cookery, arts and crafts, karaoke and bingo.
Tuesday evenings, 7-9pm
Entry payment required.
Also a day drop-in on Wednesdays between 11am and 2pm.
Call: 07890 869263
Email: info@linkcentre.org.uk

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**Kingswood**
Epic Wednesdays: 7-9pm for £1
Activities include: Bouldering, cycling, music, cooking, sports and trips, 13-25 years
Call: 07909748853
dawn@facefilton.org.uk

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**‘South Gloucestershire Aspies’**
Social Club for people with Autism Spectrum Conditions.
Meeting on Wednesdays at various locations for games, food and socialising.
Contact: robert.whgraham@gmail.com
More Social Groups & Special Interests

**Alphabets**
- LGBTQ youth cafes each month.
- Ages 13-19 yrs
- Contact: 01454 869 441
  - info@yatearmadillo.co.uk
  - facebook.com/groups/LGBTQYate
  - www.diversitytrust.org.uk/young-people/services/

**Armadillo Youth Venue and Café**
- Yate
- Learning Difficulties and Disabilities night
- Years 7-11
- Mondays at 6.15-9pm

**Bristol Asperger Social Groups**
- Social group, creative writing, singing, walking, cinema
- Music and Quiz evenings at Basement 45
- Over 18yrs
- £2 entry
- Sign up on www.meetup.com
  - Contact hello@basg.org.uk
  - Facebook: bristolaspergersocialgroup

**Flow Creative**
- Southmead
- Free creative music making club for any ability.
- 15-25yrs
- Tuesdays at 5-7pm (term time only)
  - Alex.lupo@bristolplaysmusic.org
  - 0117 204 7140

**Bristol Umbrella Singers**
- Muller Road
- Autistic and LD friendly choir
- Friday mornings, term time only, 10.30-11.30am
- Call Kate on 07800965803
- £4 (carer’s free)

**Rhythm of the Night**
- Trinity Centre
- Monthly nightclub for adults with learning difficulties, £7.50
  - www.Misfitstheatre.com

**Turnberries, Thornbury**
- Wednesday evening, 7-8.45pm
- Years 8, 9 and 10
- Youth club, pool, games consoles, craft, cooking, music, football/sport
- £1

**Music Man Project**
- 18+ Saturday mornings, Keynsham
- Go Explore Club
- 18-25yrs Wednesdays 7-9pm, Keynsham
- Annual fee of £35, then £4 a week.
  - If you are interested in becoming a member of any of these clubs, email: laura@keynshammencap.org.uk

**Kingswood, Patchway & Yate**
- LGBTQ youth cafes each month.
  - 13-19yrs
  - Contact:
  - 01454 869 441
  - info@yatearmadillo.co.uk
  - facebook.com/groups/LGBTQYate
  - www.diversitytrust.org.uk/young-people/services/
Hamilton House, Bristol
Weds, Thurs and Fri
Drama, Movement and Poetry workshops for adults with learning difficulties
Contact Tony on 07910962329
https://misfitstheatre.com

Embrace LD
Lyde Green
Drama, music, dance and prop-making for adults with learning difficulties, 16yrs+
Mondays 10.30-12.30pm and arranged monthly themed nights
www.embraceld.co.uk
07395539468
Hannah.embrace@gmail.com

Butterflies Haven
Supporting families affected by Autism
Butterflies Haven
Keynsham
12-17yrs youth group for teenagers with Autism
Mondays term time, 7-8.30pm
butterfliesnetwork@hotmail.com
07595089287

Embrace LD
Lyde Green
Drama, music, dance and prop-making for adults with learning difficulties, 16yrs+
Mondays 10.30-12.30pm and arranged monthly themed nights
www.embraceld.co.uk
07395539468
Hannah.embrace@gmail.com

Photographers with Disabilities
Ridgewood Community Centre, Yate
£20 annual membership fee
Drop-ins and studio work
www.photographerswithdisabilities.org

Gertlug: Bristol Adult Lego Fans
Monthly meet up in Bristol.
Contact: info@gertlug.co.uk

Relationships and Sexuality Group
Kingswood
Once a month on Thurs evenings
13-25yrs
£3 per session
Referral either by yourself or another organisation

Friday Night Youth Club
12-25 Friday 7-9pm, once a month
£3.50 @ Made Forever youth club
01179476111
Samuel.eason@kids.org.uk

South Glos. Youth Board
The Kingswood Hub
Meet once every 2 weeks.
13-19 (25 for young people with a disability
• Voice opinions regarding your community
• Meet with managers and councillors
• Young People United Forum
• Meet new people, games, pizza!
Contact: getinvolved@southglos.gov.uk
01454 865017

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• Young People United Forum
• Meet new people, games, pizza!
Contact: getinvolved@southglos.gov.uk
01454 865017
Inclusion Play Scheme

Each child enrolled onto the play schemes has an allocation of 13 days to use throughout the year. Children can attend from 4 ½ years to 18. They will advise how many days you should use in each holiday to ensure you use up your allocation. Each session costs £7.50.

The play schemes are offered at 4 different locations:

- Little Stoke: The Stokes Youth Centre
- Staple Hill: YouF Centre
- Yate: St. Nicholas Family Centre
- Thornbury: Christ the King Primary School

There are also Teenage Workshops (13-18 yrs) held at various locations. Each session runs from 10am-3pm.

Buddy Service

The Buddy service provides 84 hours per financial year to 30 children and young people who wish to attend a mainstream club, ie. Brownies, Scouts etc.

This service is funded by South Glos Council, and Children’s Playlink can provide a play worker to support your child to be included and involved in club activities, games, trips and events. The role of the Buddy is:

- Adapting equipment for inclusion and support physical movements
- Reinforcing club rules and encourage social interaction
- Provide safe space to de-escalate emotions
- Motivate independence
- Administering medication (if necessary)

Contact the club to check availability and whether the club can provide a member of staff to support.

Once availability is confirmed, contact Izzy Hicks on 01454 338 902 or email izzy.hicks@brandontrust.org with details of the club (times, location etc).

Izzy Hicks will then contact Playlink to find a Buddy. Once established, she will arrange a meet up. If all are happy, a trial session will be arranged.
Outside Providers

Elm Tree Farm
A Brandon Trust enterprise
Stapleton

We provide:

- Access to vocational training and employment support
- Help to maintain health and wellbeing
- Involvement in the everyday running of the farm and its services.
- Summer holiday club for 3 days of the week
- Summer Forest School, 16-25, £50 per day, see website.
  
  www.elmtreefarm.org/

Call: 0117 958 6206

Peopleton Brook Farm
Old Sodbury

Develop skills and vocational qualifications in animal care; predominantly horses and alpacas (including stable work).

Also look at:

- Land management & Horticulture
- Teamwork
- Communication
- Dog walking

Contact Shani Payne on 07758247118

www.peopletonbrookfarm.co.uk

St Werburghs City Farm
Latteridge

Work2Learn Project for young people (animal care or working in the café)

Adult LD placements (need to be funded) in animal care and horticulture

Youth camp twice a year

Youth club (3.30pm – 6.30pm). age 11-19. £5 per session.
Includes feeding animals and art & craft, cooking etc.

Office@swcityfarm.co.uk
0117 942 8241

City Farms

Lawrence Weston Community Farm, supported placements – 0117 938 1128,

Windmill Hill City Farm, mental wellbeing and LD placements – 0117 963 3252, sam.lloydsmith@windmillhillcityfarm.org.uk

Organic Blooms
Latteridge

Social enterprise with the aim to get people trained and qualified ready for paid employment. Daily tasks consist of planting, sowing seeds, cutting flowers & preparing boxes for delivery.

Contact
Call: 01454 300 300 / 07766023921
Email: enquires@organicblooms.co.uk
Sports Clubs, Groups & Societies

Sports Rush
Search-engine website for a disability sports database
www.sportsrush.org.uk

Active in Life
Provide access to a range of fitness classes and activities for only £2 per session!
www.southglos.gov.uk/active

Bristol Bears Wheelchair Sport
Every Sunday, free for all UWE Bristol Centre for Sport

Walking Rugby
Monday evenings at St. Mary’s Old Boys RFC
ktavender@bristolbearsrugby.com
0117 958 1651

All ability bikes
Wed 10am-3pm
Thurs 10am-3pm
Fri 10am-1pm
Sat first of month, 10am-3pm
£5 per hour
Contact Andy Underdown on 07587034366 or email andyu@milestonestrust.org.uk

Football Club
16yrs+
Tuesdays 7pm-8.30pm,
Keynsham
Fee paid every 10 weeks

Boccia Club
12yrs+
Wednesdays 6pm-7pm,
Keynsham
Annual fee of £35, then £4 a week.
If you are interested in becoming a member of any of these clubs, email:
laura@keynshammencap.org.uk

Bradley Stoke Judo Club
Special needs class, Saturdays at 10.30am
bradleystokejudo@gmail.com
07831682685

Adaptive Martial Arts
Martial Arts training for all abilities
Range of Bristol and Bath sites.
www.AdaptiveMA.co.uk

Pop-up inclusive leisure facility, 11-25yrs
Check website for current details
www.gympanzeez.org

Sodbury Tennis Club
Chipping Sodbury
Inclusive tennis programme, Thurs 10.30-11.30am. £3 per session
Email: hatton.j@icloud.com

Boccia Club
Contact Georgina on
gembocciaclub@gmail.com

Disability inclusive cycling project: basic cycling and BMX skills
wingz@accesssport.co.uk

Sodbury Tennis Club
Chipping Sodbury
Inclusive tennis programme, Thurs 10.30-11.30am. £3 per session
Email: hatton.j@icloud.com

Gympanzees

Gem Boccia
Yate Leisure Centre
Contact Georgina on
gembocciaclub@gmail.com

Hillfields

Pop-up inclusive leisure facility, 11-25yrs
Check website for current details
www.gympanzeez.org
**Choices 4 U**
Day opportunities promoting meaningful health and leisure activities
Yate Leisure Centre
Bradley Stoke Leisure Centre
Kingswood Leisure Centre

If interested, fill out a referral form on the southglos website: www.southglos.gov.uk/choices4u

01454 864440

**Frenchay Falcons**
Cricket Disability and learning difficulty group
14-19yrs
Monday evenings

eccott@blueyonder.co.uk

**Down’s Syndrome Football**
St Paul’s Academy,
Saturdays, 11am-12pm
dsactive@downssyndrome.org.uk

**Ability Sports: St Paul’s Academy Autistic Football**
Saturdays, 12-1pm

**Multi-Sports**
Saturdays, 1-2.30pm
Email:
abilitysports@hotmail.co.uk

**Bristol City**

**Project Inclusion**
Bradley Stoke Community School
Fridays 5.30-6.30pm
Free
6-15yrs, though exceptions can be made

Nathaniel.tyrrell@bcfc.co.uk
or call 07899991983

**Bristol Freestyle Kickboxing**
Accessibility Kickboxing & Fitness Class, Pilning

Mondays 6-7pm
£4 per session

Can find through the Nothing Special Group

**NAS Super Swimmers Academy**
Easton Leisure Centre
Monthly on Saturdays 6-7pm

Contact: super.swimmersacademy@hotmail.com

Must be a NAS member

**Baltic Wharf, Bristol**
Inclusive sailing and powerboating.
Saturday 10am – 12pm
£6 per session (carers go free)
admin@allboardwatersports.co.uk
0117 929 0801
This is a list of some community centres within South Glos. They are great local hubs for joining groups, so it’s worth checking the links to see what your local centre has to offer.

- **Coniston Community Centre**, Patchway
  [https://conistoncommunitycentre.org.uk/whats-on-2/](https://conistoncommunitycentre.org.uk/whats-on-2/)
- **Crossbow House Community Centre**, Frampton Cotterell
  [http://www.fcdca.co.uk/user-groups.html](http://www.fcdca.co.uk/user-groups.html)
- **The Brockeridge Centre**, Frampton Cotterell
- **Downend Folk House**, Downend
  [https://www.downendfolkhouse.org.uk/](https://www.downendfolkhouse.org.uk/)
- **Hanham Community Centre**, Hanham
- **Kingswood Community Association**, Kingswood
  [http://www.kcaonline.co.uk/activities/](http://www.kcaonline.co.uk/activities/)
- **Park Centre**, Kingswood
  [https://mykingswood.co.uk/kingswood/the-park-centre](https://mykingswood.co.uk/kingswood/the-park-centre)
- **Longwell Green Community Centre**, Longwell Green
  [http://www.longwellgreencommunitycentre.org.uk/activities/](http://www.longwellgreencommunitycentre.org.uk/activities/)
- **Page Community Association**, Staple Hill
  [http://www.pageca.co.uk/services/4594412610](http://www.pageca.co.uk/services/4594412610)
- **Pucklechurch Community Centre**, Pucklechurch
  [http://www.pucklechurchcommunitycentre.co.uk/page_2970991.html](http://www.pucklechurchcommunitycentre.co.uk/page_2970991.html)
- **Ridgewood Community Centre**, Yate
  [https://ridgewoodcommunitycentre.org.uk/whats-on/](https://ridgewoodcommunitycentre.org.uk/whats-on/)
- **Shire Way Community Centre**, Shire Way
  [https://myyate.co.uk/yate/shire-way-community-centre](https://myyate.co.uk/yate/shire-way-community-centre)
- **The Batch**, Cadbury Heath
  [http://thebatchorg.co.uk/whats%20on.html](http://thebatchorg.co.uk/whats%20on.html)
- **The Greenfield Centre**, Winterbourne
  [https://www.wellaware.org.uk/organisation/greenfield-centre-winterbourne/](https://www.wellaware.org.uk/organisation/greenfield-centre-winterbourne/)
- **Turnberries**, Thornbury
  [https://www.turnberries.co.uk/community-events-thornbury/](https://www.turnberries.co.uk/community-events-thornbury/)
- **Warmley Community Centre**, Warmley
  [https://warmleycommunitycentre.org.uk/our-groups/](https://warmleycommunitycentre.org.uk/our-groups/)
Mentoring and Personal Assistants

A mentor can help you to achieve something specific that you have been wanting to do. This may be something like paying for a drink by yourself in a café or learning how to shop for your own food.

You will normally need a social worker to access mentoring. They will assess your need and choose the service that is going to be best for you.

Mentoring is designed to be short-term and reviewed regularly. Your social worker will meet with you and your parents to see what the benefits of mentoring have been.

**Breakthrough**
Activity based provision for South Glos. who support individuals to achieve personalised goals and move forward in life. If you would like to speak to a Breakthrough coordinator, please call 01454 864449

**Make It Mentoring**
Provide support and mentoring. They support young people within their educational provision. Provide nurture groups for those with reduced educational programmes and support through transitions. Provide emergency respite services. Range of activities focussing on psychology, wellbeing and resilience. Groups for parents and families.
Tel: 01454 880229 or 07722911902

**Pyramid**
A 1-1 mentoring service supporting with person-centred goals. Their mentors are trained to develop confidence, skills, independence and resilience. They aim to provide a positive experience through their bespoke programme. [http://pyramid-mentoring.co.uk](http://pyramid-mentoring.co.uk)

**IMPACT MENTORING**
Working with the young person and the referring body they make a detailed action plan addressing what the young person needs to develop and grow. Helping independence skills and social & emotional wellbeing. Impact are very sport/fitness orientated.
[www.impactmentoring.co.uk](http://www.impactmentoring.co.uk)

A **Personal Assistant** (PA) can help a young person with their social care needs. PA’s are applied for by social workers via brokerage.

A family can choose to employ their own PA for their young person. They can advertise locally or chose to employ someone they know.

In our authority these are some of the PA agencies that can help: Brandon Trust, LD Awareness, Smile or Milestones.

This type of support is usually paid for by direct payments that you may receive if eligible for social care.
Money Matters: Definitions

Commissioned service: A commissioned service is when the service has been assessed by the Local Authority. Payments can be made directly from the local authority to the provider, based on your needs. You will need a social worker to access a commissioned service.

Direct Payments: Following a needs assessment, you may receive a personal budget (this is the agreed amount of money that the Local Authority allocates to an individual). This is agreed following a care assessment made by a Social Worker. This may come in the form of a direct payment. The Council will transfer money to a personal account, whereby it can then be used to pay a service that might not be ‘commissionable’.

If you do not want to manage the direct payments, you can nominate someone else to do this.

Volunteering: If you are interested in volunteering, then please see the Volunteering section of our Employment Guide.


Music: If you have a particular talent for an instrument, you can look at the South Gloucestershire Music Hub to look for further tuition, or joining a group lesson or band. http://www.integramusic.co.uk/

Safe Place: A safe place is a location where cardholders can find help and reassurance. A list of Safe Spaces, and details of getting a card are on the website: https://www.avonandsomerset.police.uk/services/safe-places-scheme/

Calvert Trust, Exmoor: Accessible holidays and Educational residential breaks. A range of all-inclusive activities such as; abseiling, cycling, archery, bush-craft, climbing, horse riding and kayaking. www.calvert-trust.org.uk
A friendship and dating agency for adults with a learning disability or autism in the Bristol area.

A chance to meet new people, make new friends and develop relationships if you chose.

Sign up to receive a calendar of events each month. There is a charge of £5 per hour, which pays for the staff and volunteers who are supporting members at the event.

If you require one-to-one support, you will need to have this available to you. Luv2meetU provide 1:4 level of support.

www.luv2meetu.com
luv2meetu@hft.org.uk
01274 655 956