

# Choices

For more information visit:  
[www.southglos.gov.uk/choices4u](http://www.southglos.gov.uk/choices4u)

# 4U

## 2018 REPORT

### ABOUT US

**Choices 4 U** is a day service, based in South Gloucestershire, for people with learning difficulties.

### WHAT WE DO

We work with people from the age of 16 years and support them to live a healthy life, try new activities, learn a range of life skills, and support them towards independence.

We are supporting people with learning difficulties to:

- ➔ Lead a healthy lifestyle
- ➔ Develop circles of support and make new friends
- ➔ Take part in activities and try new things
- ➔ Think about and explore employment aspirations
- ➔ Develop independent living skills

## OUR SERVICE



**Choices 4 U** opened in April 2009. We started with **one** service, had **one** member of staff and were supporting just **four members**. Over the last ten years **Choices 4 U** has set up services at **three** leisure centres in South Gloucestershire. We employ **12 staff** and today support **52 members (and counting!)**

## WHAT OUR MEMBERS SAY:



***Choices 4 U** have helped me look for work and learning about skills to help me become more independent.*

*Having other people to walk with and use the gym with has helped me feel fitter and lose weight.*



*Since coming to **Choices 4 U** I have become more part of the community. I feel able to go out and about more.*

## ACTIVITIES



During the last year, we have run **90 different activities**. Every member has a personal planning book – a person centred plan which is tailored to everyone we support. Our members learn a range of life skills, including independent travel, dealing with problems, staying safe and cooking for themselves. ▶▶

Activities have included:

7 

cooking sessions

6 

gardening sessions

3 

travel skills sessions

10 

Bollywood dance courses

1 

money smart course

3 

community safety courses supported by emergency services

## HEALTHY LIFESTYLES



All members are supported to lead a healthier life, through physical activity, learning about healthy eating and ways that can improve their mental health.

➔ Over **half** reported improvements in their health and wellbeing at the end of 2017 compared to the beginning of the year.



➔ A **quarter** reduced their BMI at the end of 2017 compared to the start of the year.



## FRIENDSHIPS AND RELATIONSHIPS



We understand the importance of building and maintaining friendships and relationships. Here are some comments from our members about making new friends:



*Coming to **Choices 4 U** has helped me meet new people. We talk about things we have in common.*

*I have got some great friends at **Choices 4 U** and sometimes meet up with two of my friends outside of **Choices 4 U** time and go off to do fun things.*



## WORK AND EMPLOYMENT



We aim to help members feel more confident about themselves. This has given some members an opportunity to think about work and the type of support they need to find a job that is right for them.

**Choices 4 U** have supported:

- 6**  members completed employability training
- 8**  members are in paid work
- 9**  members are in supported employment

## KEEP UP TO DATE WITH CHOICES 4 U



**Twitter:** Did you know you can follow us on Twitter? This is a good place to find out what we doing. You can find us **@Choices4U**



**Webpage:** You can find out more about us and read our quarterly newsletters and annual report by going to our webpage



**[www.southglos.gov.uk/choices4u](http://www.southglos.gov.uk/choices4u)**