



Choices 4 U

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Introduction



Choices 4 U is a service for people with learning difficulties. We work with people from the age of 16 years old. We help people to live a healthy and independent life.



We support people in leisure centres and in the community. People can choose and plan what they want to do when they come to Choices 4 U. We work with other agencies so that we can support people to get the right help. We get to know people who come to Choices 4 U, ask them what they want to do and help them do this.



We work from Kingswood, Yate, Bradley Stoke and Hengrove Leisure Centres 5 days a week. 47 people use our service.

Aims

This is about what Choices 4 U want to do.



Help people learn skills to be more independent – This is about learning things that help people to be more independent and confident in their daily lives like travel, cooking and planning things.



Help people to live a healthy life – This is about doing things in life that can help people to be healthy. Like healthy eating, exercise and talking to someone when things change in your life.



Give people support to have friendships and relationships – This is about supporting people to have friendships and finding out what is going on in the community so that people can be more connected to others.



Help people to think about getting into work – This is about supporting people to think about work and helping people get the right support when they are ready to find a job.



Listen to what people need and want from Choices 4 U and give them a good service
This is about making sure we are a good service and support people in the right way.

Outcomes

This is about what choices 4 U have done.



■ Independence skills

Everyone has had support to learn life skills. Some people have learnt to travel independently using a bus or walking to new places.



■ Healthy lifestyle

Everyone has been supported to have a healthier life by doing things like exercise, learning about healthy eating and what it means to have good mental health.



We have listened to what people have said they would like to do. We have had lots of different activities on our timetable that can help people be more active and feel good like swimming, yoga, tai chi and dance.



■ Friendships and Relationships

Lots of people have made friendships at Choices 4 U and have told us this is a good thing. Some people spend time with their friends on evenings and weekends.



■ Give people the chance to get into work

We have supported people to feel more confident about themselves. Some people have had help to think about work and have found a job that is right for them.



■ Providing a good service

Choices 4 U has had a lot of compliments, these are good things people have said about Choices 4 U. We have had some suggestions for improvements, these are things people would like to see happen or change. Choices 4 U has had no complaints.



Monitoring and measuring

This is about how we find out what people want from Choices 4 U and if things are working well.

Choices 4 U have lots of friendly ways of finding out if things are working.

We do this by



Watching people we support. We watch people taking part in activities to see how well things are going. We sometimes take photos and video people to see what people do at Choices 4 U.



Asking people what they think about Choices 4 U and how they are feeling. We record information on forms. This helps us plan activities and check if people are happy with their service and any changes they would like to see happen.



Person-centred planning – **‘Getting To Know You’**. We work with people to find out what they want to get from their service at Choices 4 U and how we can support them to do this. We plan activities based on peoples support needs and wishes.



Future - what do we want



Choices 4 U want to keep on supporting people with learning difficulties and help people do the things that are important to them. We think this is important towards helping people live a good life.

We can do this by



Working with councils and agencies who support people with learning difficulties and tell them what we are doing.



Giving people who come to Choices 4 U the chance to plan their day and offering people choices.



Supporting people to make changes to their lives by leading a healthy lifestyle.

Providing activities that meet people's needs and is good value for money.



Working with different people in the community to raise awareness about learning difficulties.

If you need this information in another format or language please contact 01454 868009

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