

Choices 4 U

CCH65 APRIL 2015

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



We will support you to:

- Learn skills to be more independent – This is about learning things that can help you to be more independent and confident in your daily life like travel, cooking and planning things.
- Live a healthy life – This is about doing things in life that can help you to be healthy. Like healthy eating, exercise and talking to someone when things change in your life.





- Have friendships and relationships – This is about supporting you to have friendships and find out what is going on in the community so that you are more connected to others.



- Think about getting into work – This is about supporting you to think about work and helping you get the right support when you are ready to find a job.



- Get the most out of your service - This is about making sure we are a good service and support people in the right way.

Where is Choices 4 U?



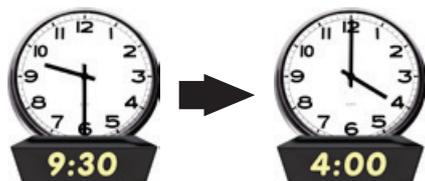
Choices 4 U use leisure centres as a base to work from.

- Kingswood Leisure Centre
- Yate Leisure Centre
- Bradley Stoke Leisure Centre



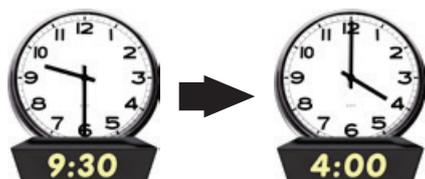
Some activities are at the leisure centre using the gym, swimming pool and sports hall. We also go out into the community to use other places to do activities.

When is Choices 4 U?



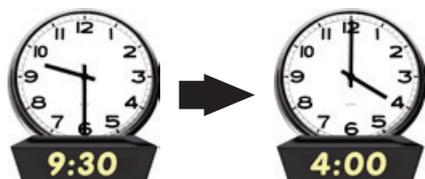
Choices 4 U at Kingswood runs 3 days a week.

Monday, Wednesday and Friday 9.30am - 4.00pm.



Choices 4 U at Yate runs 3 days a week.

Tuesday, Thursday and Friday 9.30am - 4.00pm.



Choices 4 U at Bradley Stoke runs 2 days a week.

Tuesday and Thursday 9.30am - 4.00pm.

We are not open on bank holidays.



Who will support you at Choices 4 U?

Choices 4 U have a team of Community Support Workers who have experience and skills to support you.

How will I get there?



You will have to decide how to get to Choices 4 U, and how to get home again.

You may use a bus, a taxi, walk or have support from a carer or Support Worker to get there.

How much will it cost?



It will cost you £44.60 to attend Choices 4 U for a full day or £22.30 for half a day.

If you have other health or personal care needs you will have to bring a Support Worker with you while you attend the service. It will cost you £33.50 for a full day or £16.75 for half a day.

How does the service work?

Choices 4 U
Referral Form

About you:

Name
Address
Postcode
Phone number
Email address
Date of birth

If you are interested in finding out more about Choices 4 U you can fill out a referral form or someone can fill it out for you, this might be a carer or a Social Worker. Once we have your form we will contact you and arrange to meet with you. You can also contact Choices 4 U by telephone or by email.



If you are interested you can come to Choices 4 U for a taster day to see if you like it.

You would be supported to have an individual plan. This plan will show us your needs, goals and choices. We would use this to find out what you want to get from your service at Choices 4 U and how we can support you to do this.

We will look at your plan regularly to see if things have changed.

How do I contact Choices 4 U?



If you would like support from the Choices 4 U team, please contact us.

Telephone: 01454 864440

Mobile: 07795 35 39 27

Email: Choices4U@southglos.gov.uk

Website: www.southglos.gov.uk/choices4u



Write to

PO BOX 298, Health and Well Being Civic Centre, High Street Kingswood, Bristol BS15 0DQ

Choices 4 U Referral Form



About you:

Name

Address

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Postcode



Phone number



Email address



Date of birth



Equal Opportunities

This means treating everyone the same and making sure you get the support you need.

If English is not the language you speak, will you need support to talk with us?

Yes No

Do you have another disability such as problems with seeing or hearing, mental health needs or problems moving around?

Yes No

If yes, please tell us what support you will need.

Please send this form back to us at the address on Page 6

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To get this information in other languages and formats. Please phone **01454 868007** or email **csodesk@southglos.gov.uk**