

## How does the service work?

If you are interested in finding out more about Choices 4 U you can fill out a referral form. The referral form can be found on the Choices 4 U Factsheet at [www.southglos.gov.uk/choices4u](http://www.southglos.gov.uk/choices4u) Once we receive your form, we will contact you to arrange a meeting. You can also contact Choices 4 U by telephone or email. A free trial session is available for people who want to attend Choices 4 U. This helps Choices 4 U ensure that the service is right for you.

A support worker will create an individual plan with each person showing their needs, goals and choices. This plan will be checked and updated regularly.

## Contact Choices 4 U

**Phone:** 01454 864440

**Email:** [choices4u@southglos.gov.uk](mailto:choices4u@southglos.gov.uk)

**Write to:** Choices 4 U  
Department for Children,  
Adults and Health  
PO Box 298,  
Health & Wellbeing,  
Civic Centre  
High Street,  
Kingswood,  
South Gloucestershire BS15 0DQ

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



# Choices 4U



If you would like this information in a different format or language, please contact:  
**01454 868009**

Supporting people with learning difficulties from the age of 16 years lead a healthy and independent life.

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

What is

# Choices

# 4U



Choices 4 U works within South Gloucestershire Council's Public Health & Wellbeing Division. We are committed to improving the health and lives of people with learning difficulties by supporting them to become more connected to their community. We can provide support towards learning and employment aspirations and promote access to meaningful social and leisure interests that can enable people achieve good health and lead a fulfilling life.

## Why Choices 4 U ?

Choices 4 U will support the person attending to:

Lead a healthy lifestyle	Develop circles of support	Get the most out of their service
Consider and explore employment aspirations	Develop their independence skills	

## Where and when?





Choices 4 U uses Kingswood, Yate and Bradley Stoke Leisure Centres as a base to work from. This means the facilities at the leisure centres are used for some activities.

- At **Kingswood, South Gloucestershire** Choices 4 U runs three days a week; **Monday, Wednesday and Friday, 9.30am – 4pm.**
- At **Yate, South Gloucestershire** Choices 4 U runs three days a week; **Tuesday, Thursday and Friday, 9.30am – 4pm.**
- At **Bradley Stoke, South Gloucestershire** Choices 4 U runs two days a week; **Tuesday and Thursday, 9.30am – 4pm.**

We are not open on Bank Holiday.

## Getting there

People attending Choices 4 U have to arrange their own travel to and from Choices 4 U. This can include travelling by:

-  taxi
-  bus
-  walking
-  having support from a carer or support worker

We can help the person attending Choices 4 U to develop travel skills.

## How much will it cost?

As of 1 April 2016, a full day will cost £44 and a half day will cost £22.

If the person attending has other health or personal care needs they will need to bring a support worker while they attend the service. It will cost £33 for a full day and £16.50 for a half day.

There are a number of ways to pay for the Choices 4 U service:

- **You can pay by a personal budget or direct payment. An invoice will be sent to you at the end of each month.**
- **Your local authority can arrange to pay. An invoice will be sent to your council.**