



Community Skills Project

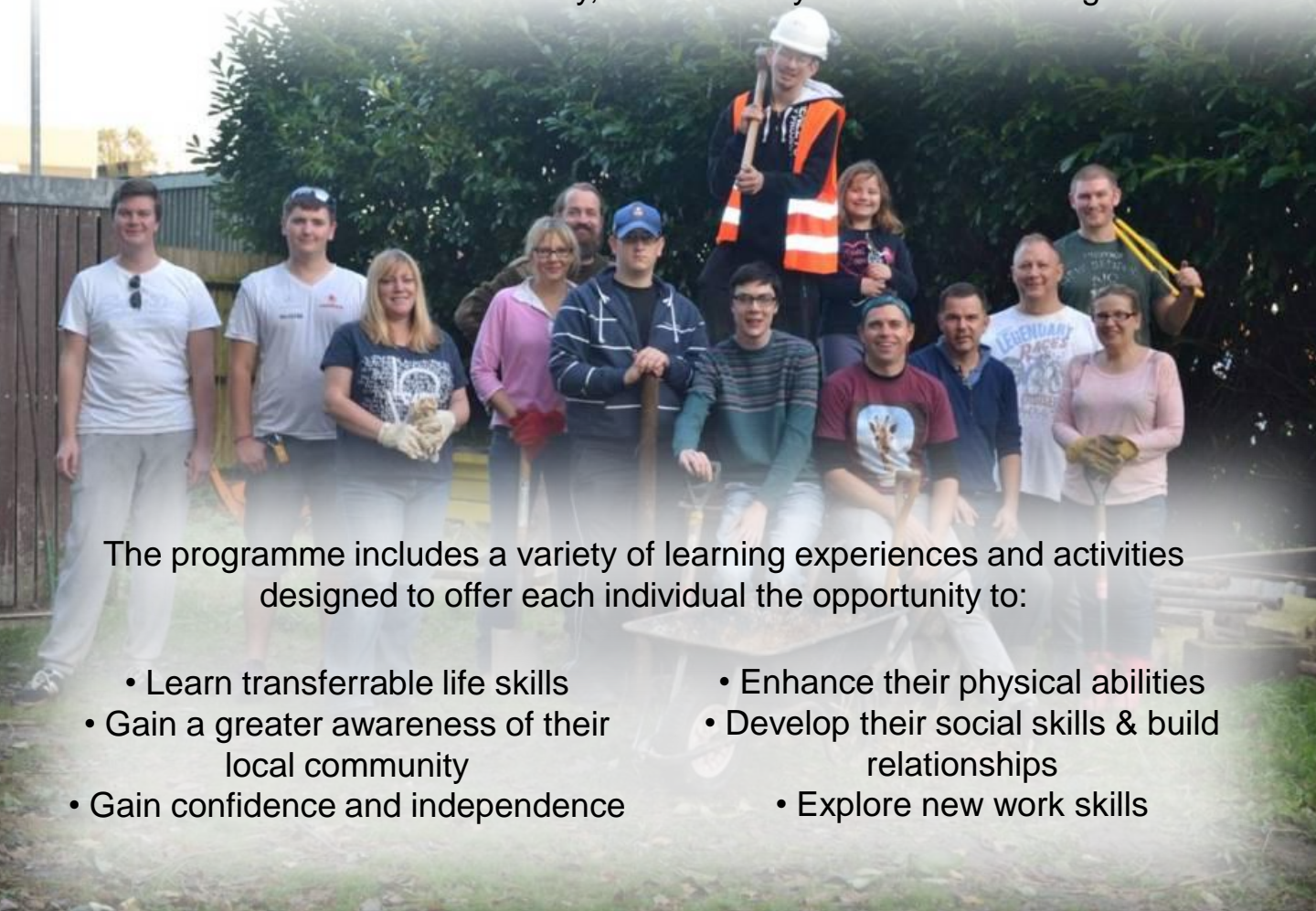


CountyCare

Specialist Support Provider

County Care runs a community skills programme for adults with learning disabilities and autism which can be accessed on a full or part time basis.

The goal is to provide the people we support to live purposeful, independent lives encompassing life, leisure and social skills. Currently we have 2 bases in Surrey, one in Horley and one in Woking.



The programme includes a variety of learning experiences and activities designed to offer each individual the opportunity to:

- Learn transferrable life skills
- Gain a greater awareness of their local community
- Gain confidence and independence
- Enhance their physical abilities
- Develop their social skills & build relationships
- Explore new work skills

Regardless of ability, it is important to us that the people we support have a voice and are encouraged to take a proactive role to ensure that what we are doing is relevant to them and their needs.

- Enterprise and work experience plays an integral role in our Programme.
- The aim of the Programme is to develop an understanding of the community and the roles within it.
- Group size is limited to 12 placements with an appropriate staffing ratio dependent on individual needs.
- We can offer bespoke programmes to meet individual needs.
- The programme runs for 48 weeks throughout the year – 9am – 4pm





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Community & Volunteering

County Care's Community skills programme aims to provide the following skills:

- Rights and responsibilities
- Preparation for work
- Taking responsibility
- Understanding diversity
- Personal skills
- Negotiation
- More independence
- Self-confidence
- Understanding society
- Problem solving and decision-making
- Teamwork
- Money skills
- Leadership
- Personal safety
- Interpersonal skills
- Improving own learning
- Self-awareness
- Road safety
- Planning
- journey planning
- Communication skills
- Active listening skills
- Managing relationships
- Self-management
- Coping with traffic

County Care is eager to encourage social inclusion within the community



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Healthy Lifestyles

County Care believes that people with a learning disability should have the same opportunities to participate, enjoy and excel in sport at all levels. Sport should be fun and provide a challenge, but importantly it is vital to our health and wellbeing, so it plays a central role in our weekly programme.

We are keen to support people to develop and pursue a lifelong interest in sport.

Whatever type of leisure activity you want to get involved in within your community, we can make it happen. We will work in partnership with local community groups, organise activities ourselves or support people to find things they can do in their own time.

Fancy fly fishing? Love lawn tennis? Want to try surfing? Perhaps you are keen to get fit and lose weight with a fitness group? We can support you in whatever sport or fitness activity you would like to try.



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Living with Tech

There are many reasons it is important for us all to have a good knowledge of technology. Most of us now see technology as a tool for connecting with family and friends, developing new friendships, exploring options for entertainment and hobbies, accessing support and information about health topics, and managing activities of daily life, such as banking and shopping.

Learners will apply knowledge of internet and mobile phone safety to support positive online experiences.

Some of the topics the course will cover are:

- E-Safety Apps
- Downloading photos
- Email
- Itunes
- Skype
- Social Media
 - Twitter
 - Facebook
 - Instagram
 - Snapchat

Facilitating opportunities for people to learn the skills important to them now and in the future.



**SATURDAY
THE 25TH
APRIL
10AM-4PM**

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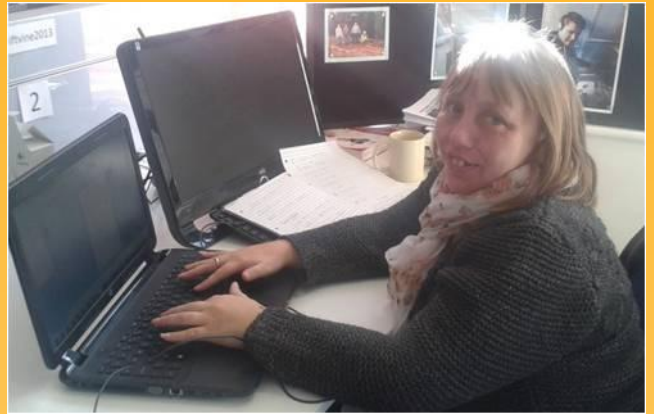
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Horley Association of Traders

STREET

For more details, please contact
horleyassociationoftraders@outlook.com



Enterprise

The aim of our enterprise scheme is to create small businesses run by young adults. This will provide them with real work experience and develop skills that could be used in the future to obtain work placements and potentially paid jobs. During our enterprise projects young people will develop key skills they need not only for the world of work but also for day to day life such as:

- An understanding of how business works and how wealth is created.
- The ability to work in a team. & improved communication skills.
- Increased enthusiasm and self-confidence.
- Willingness to take responsibility and show initiative.
- Time management. & effective work and social skills.

Our current enterprise schemes that are up and running are:

Snack away - provides self-service snack trays for the workplace. Trays are full of top-branded snacks and drinks that we replenish weekly...keeping your hunger at bay!

Office Project - We can support you to organise and run your own office, attending meetings, designing and working on commissions for clients like the poster above.

We are in the planning stages of:

Boots – Roots and Shoots – A community garden service

Always Creative – A bespoke Card making service

These will both be up and running by Summer 2015



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Mow-tivated

Research shows that gardening is good for health and well-being. Gardening is a great enabler, providing opportunities for everyone to take part, to learn and to enjoy time together.

Gardening offers a range of tasks and, irrespective of age or ability can support people in reaching their goals.

Our gardening project gives people with learning disabilities the chance to do an activity they enjoy in the open air and make friends in the process. It is also a great place to try out new activities, learn useful skills and develop confidence and independence.

People will learn new skills (planting, garden design and teamwork), gain a better understanding of the natural environment and the benefits of 'greening' a community space, producing something lasting for the whole community.



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Plan it, Buy it, Cook it

The ability to cook a meal is a vital life skill that is essential for independence. We aim to teach people the skills they need to enjoy creating a healthy meal safely in the kitchen.

We will support people getting to and from places, whilst encouraging road safety awareness, using public transport and understanding how to access the community safely.

Once at the shops individuals will find their ingredients, picking out an appropriate brand, be supported around who to ask for help and paying at the till.

At the kitchen the session we will use and compile a book of tailored recipes that can be practiced and re-used at home, practicing food hygiene, preparing and cooking realistic everyday meals and clearing and washing up.

The goal will be for people to gradually gain the skills to complete these tasks with increased independence so they can transfer these skills to real life.

For some the objective will be able to cook a variety of simple meals, for others their goal may be to invite friends around to cook for them.