

## Individual Futures Day Opportunities.



**Individual Futures** is a day opportunities service for learning disabled adults in Hartshill, Nuneaton. We provide a wide range of activities for clients from our premises, many of which are community based. Individual Futures prides itself on being a flexible service, tailored to meet the individual's needs. We follow the principles of person centred planning, creating a bespoke plan which will promote the needs and aspirations of the client, matched to their capabilities and those we hope to develop.

Our aim is to promote and support independence, choice and social integration. We do this by providing our clients with activities to encourage these attributes.

**Sport Activities** - Using local amenities such as leisure centres, regular visits to our local golf club, accessing local community dance sessions, visiting local parks for community games of 'Disk Golf' and maintain the inclusion with memberships to our local snooker hall, enables us to encourage clients to lead a healthy lifestyle and to be socially included.

**Music/drum therapy** - primarily helps clients improve their health across various domains e.g., cognitive functioning, motor skills, emotional development, behaviour and social skills. We incorporate a music session, supported by local musicians who are familiar with the needs of our clients, along with support staff having a background and passion in music therapies. We also regularly offer the choice of attending a local disco where clients can socialise with their friends and peers.

**Active8 Arts** is a locally well known brand of art work produced by learning disabled adults. We have an established client base and regularly produce art work for the local hospitals, cafes and corporate organisations. As founder of Active8 Arts we are continually expanding this brand, allowing our clients to be socially included through a multitude of mediums and exhibitions with in the local community and throughout Warwickshire.

**Local Social inclusion**- With local restaurants, cafes and public houses and professional Barbers at our convenience, not only is community participation be high on our agenda, but to promote independent living by providing clients with support financially with basic money skills.

### **Roots and Boots - Allotment experience.**

A meaningful leisure activity. Providing a personal experience of sowing, growing, cultivating and harvesting healthy organic vegetables to share with family and friends of the community. We have an establish allotment plot conveniently located within a 5 minute walk from the day service base, with two polly tunnels for all year round growing activities, a 12 foot summer house, and for ease of use, waist height raised beds suitable to sit on.

### **Healthy living - cooking session**

Cooking sessions which range from making healthy snacks, home made jam and chutneys to choosing a healthy lunch to cook. Clients choose a lunch from a healthy eating menu. After selecting fresh produce from the allotment or shopping for the ingredients clients have the option to help prepare lunch for the group.

**Drama Sessions** - Individual Futures are members of the Rainbow Sunshine drama group and access the weekly sessions provided by their professional drama team.

**Horse riding sessions** - Individual Futures provides support for those interested in horse riding. The activity is held weekly and the sessions are provided by the Galley Common Equestrian centre.

**Yoga session** - We are lucky enough to have a qualified yoga instructor on our staff team, taking those who wish to participate on a journey of self wellbeing and relaxation.

**Pace yourself/Photography** - Is our very own walking group, a weekly session for those that wish to participate in gentle exercise using our local bridal paths, wooded areas and canals, or venturing further a field for nature or national trust walks. Support staff are available to those interested in nature photography, join in and explore photography and develop skills.

**Learn** - Learn is a session which provides support and encouragement to clients in aspects of maintaining good hygiene including oral hygiene. We employ an external NHS specialist to provide council, written activities, role play activities, to promote the importance of hygiene.

**The Smile Award** - This award is run in association with the NHS. It is the policy of Individual Futures to play an active roll in supporting clients in Healthy Oral care. The smile award is an ongoing assessment throughout the year identifying the needs of those that struggle to maintain good oral care and enable us to provide support in brushing teeth with the client on a one to one basis.

**BSL & Makaton** - British Sign Language/ Makaton session brings those that may struggle with speech or are purely interested in learning sign language together for an interactive BSL workshop.

**Keep Fit sessions** - Exercise to music on a weekly basis, with a variety of apparatus this session makes for an all inclusive fun way to exercise.

**Health Checks** - The team at Individual Futures is aware that parents and carers may struggle to get their son/daughter to the doctors for regular health checks due to time constraints or that simply their son/ daughter is afraid to go. We provide a short weekly session that works closely in maintaining the records of client blood pressures, heights, weighs and any potential health threats that may arise. We support clients and liaise with parents and doctors as and when is necessary.

**Beauty therapy** - Beauty therapy is particularly favoured by the female clients however there are options like foot spas and massage that may appeal to the gentlemen. Our qualified Beauty technician and hair stylist lends support to any client wishing to provide treatments to others or be treated by means of a pamper and hair cut themselves.

**Living Skills session** - An ongoing session throughout the week where clients are nominated for particular jobs on that day i.e. Going round the group to take a drinks order, preparing dinning areas for lunch, making drinks for the group, washing drying and tidying away, hoovering after lunch or break times, understanding the importance and process of recycling etc.

**Wood work** - A session for anyone interested, from choosing and buying the wood at our local timber yard to the fabrication of box canvas's, bird feeders, bird boxes, allotment paraphernalia, hampers, planters etc, along with the experience in life skills of marketing and selling to our local community.



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