



Day Opportunities

Supporting people with disabilities

INFORMATION GUIDE





Our Pledge

- Promote individual choice for people using our support
- Be understanding and provide a voice on things that matter to the people using the support
- Support each individual to work towards their wellbeing goals and targets
- Treat each person as an individual with care, respect and dignity as well as within a group of others
- Listen and be led by each person's experience and help people to be "noticed as me"
- Provide a safe environment and buildings that meet the needs of the people using them
- Provide a mixture of opportunities to support people to be part of the community
- Provide information in a way that people can understand

Leading the Way in Supporting People with Disabilities

Day Opportunities, part of City College Peterborough, is Peterborough's largest local day support provider and specialist, supporting adults with learning disabilities, autism and complex needs to live life to their fullest.

Accessing the local community via our Centre for Complex Needs and the four Hubs, we are an experienced social care provider, supporting individuals to develop skills, secure work opportunities and maintain their health and wellbeing. Staff are fully qualified and have a wealth of experience, skills and knowledge. Staff professional development is very important to us; our staff retention rate is significantly higher than the industry average. This ensures all the people who are supported by the service receive the most appropriate care and support with everyday tasks to live more independently, giving people with higher support needs the opportunity to develop life skills, increase self-advocacy and where appropriate increase employment skills and learning opportunities.

Being part of City College Peterborough, we have access to skills funding for the people we support and parent/carers. Our course prospectus, the Orange Book includes specialist courses for people with profound and multiple learning disabilities and autism.

We are currently part way through a refurbishment programme, allowing us to support people in bright, modern buildings with improved facilities.

Call us on:

01733 588 353

Find us at

Facebook: Day Opportunities
Twitter: CCPDayOpps
www.ccpdayopportunities.co.uk

Co-Production and Safeguarding

Co-Production

Within Day Opportunities we use the key principle of co-production, this is about bringing together representatives from senior management, staff, supported people and parents and carers, who meet every three months, to work together as an Advisory Board. This Board is committed to review current services, understand best practice, identify gaps in the service and drive new ideas. It's about exploring different points of views from across Day Opportunities for the Complex Needs provision, Employability, Supported Enterprises, work-based activities and social and community support.

Safeguarding

The College is committed to promoting the welfare, safety and protection of all children, young people and vulnerable adults, both learners and staff. If you have any concerns or worries about your welfare or safety and would like to discuss this in confidence, please contact the Designated Person for Safeguarding on (01733) 761361.

Equality & Diversity

City College Peterborough actively works towards offering equality of access and opportunity to all learners and employees regardless of ability, age, sexual orientation, marital status, disability, ethnic origin, race, gender, health, offender background or previous education. The details of the Services' Equal Opportunities Policy are provided in a separate leaflet, available on request.

Kingfisher Centre



The Kingfisher Centre in Bretton, Peterborough, is a fully accessible day support centre for people with high complex needs who require support with most aspects of their life. The completion of the first phase of the redevelopment has provided dedicated activity rooms, fully equipped sensory and UV rooms along with specialist bathrooms and changing facilities.

Individual activity plans offer support both onsite and within local communities. Activities help build confidence and keep people actively engaged thereby improving confidence, social interaction and independence.

We run a variety of sessions to engage and interact with the people we support. Staff measure outcomes based on care plans and gives the person the opportunity to interact with new people, participate in exercises and experience social environments with support from staff. Activities in the local community include ice skating, sailing, hydro-therapy swimming, and visiting local shopping areas.

We offer sessions such as:

- TACPAC - Activities combining touch to music, promoting personal development
- Sensory Stories – Stories containing sensory objects to encourage participation
- UV (Ultra Violet light) Sessions – To encourage active participation in activities
- Rebound Therapy – Gentle trampoline activities to improve fitness and core strength
- Mobility walkers –Allows freedom of movement, improving strength and muscle tone

Contact the Centre's
Team Manager

01733 797 726



The Kingfisher Hub

The Kingfisher Hub, based at the Kingfisher Centre, supports adults with learning disabilities and autism to participate in a range of meaningful activities. The Hub offers a wide range of sessions both on-site and within the local community. Sailing, golf, snooker, adapted cycling, archery, cooking and rebound therapy are enjoyed and these activities help people to develop life skills, promote confidence and independence and maintain fitness; these all help with overall personal development for people who require additional support.

The Hub houses a drop-in service to provide advice and guidance, prevent social isolation and to signpost individuals to appropriate services.

**Contact the Hub
Coordinator**

01733 797 709

City Centre Hub



The City Centre Hub, based at City College Peterborough, is a centre for adults with learning disabilities, autism and additional needs. The Hub supports individuals to participate in meaningful activities both onsite and within the local community. The Hub offers fully equipped bathrooms with overhead hoists along with showering and changing facilities. There is an activity room used for exercise classes and arts and craft sessions as well as a computer area to access emails, online banking and shopping or simply to browse the internet with support if needed.

Our kitchen area helps people develop the skills and confidence to cook, which is good for people on a low budget or who live alone and provides the opportunity for people who simply enjoy cooking with help from a support worker.

The Hub is also home to 'Pretty Things', an arts and crafts supported enterprise. This group enables supported people to make a range of personalised crafts and jewellery which are then sold in the City College coffee shop.

The Hub offers a safe haven for people with a wide range of increased support needs, where they can meet, chat and feel safe; this is essential for preventing loneliness and social isolation. There is a focus on increasing independence, preventing crisis and resolving ongoing issues. Based on need food bank vouchers can be issued, along with referrals for clothes and furniture items.

Our knowledgeable staff can help with a range of issues with utility companies, banking, housing and help with completing forms, submitting appeals and attending tribunals. Additionally, medical referrals can be made, along with support with healthcare appointments, such as hospitals, doctors, dentist and opticians.

**Contact the Hub
Coordinator**
01733 588 355

Industrial Hub

The Industrial Hub in Hampton, Peterborough, provides training opportunities and work experience for people with learning and physical disabilities. Supported people are encouraged to get involved in a variety of activities and enterprises, including making woodwork items, kindling, garden maintenance, can crushing, painting and envelope filling. Activities encourage people to work as part of team. Donated pallets are broken down and made into kindling which is sold in local shops.

- Hampton Handy Crafts provides an opportunity for adults with learning difficulties and disabilities to make unique gifts and signs. Outcomes from these activities include learning new skills, social engagement, confidence and motivation. Regular stalls are held at City College Peterborough. Items are also sold through our Facebook page, Hampton Handy Crafts. These can be viewed or collected at the Industrial Hub in Hampton.
- The Industrial Hub also supports our allotment project at Hack Road, Peterborough where supported people are shown how to grow plants from seeds and maintain and develop the site. Gardening is a wonderful leisure activity where tasks are varied and shared, with everyone having own role, providing a sense of ownership and pride. Seasonal fruits and vegetables are then used by Royce Rolls and the Kingfisher Centre. Our aim is for the allotment to be self-sufficient. Gardening increases confidence; communication and social skills; fitness and motor skills; reduces stress levels; and supported people learn about healthy foods, the environment and nature.

Contact the Hub Coordinator

01733 797 701



Employability

The Employability Hub which is based at 441 Lincoln Road, Peterborough, provides support to help and find work experience, voluntary work or paid work for people with learning difficulties and disabilities. Support is offered in the way of identifying training opportunities, job searching, applying for vacancies, interview preparation and travel training.

Once a position is found, Job Coach support is also available either short-term or ongoing. We have been successfully supporting people into voluntary and paid positions for over 18 years. We offer support to both the employer and employee to promote the benefits of a diverse and inclusive workforce and enhance knowledge of disabilities, skills and training to enable the individual to achieve sustainable employment. We also offer support with Access to Work. This is a support programme that aims to help more people with disabilities to start or stay in work and can provide practical and financial support towards travel, support and equipment.

We work with small, medium and large organisations that include the NHS, Peterborough City Council, Sue Ryder, Barnardo's, New Ark Farm, B & M, City College Peterborough, Scope, AMEY, Mencap and British Heart Foundation. We are also working with younger people who wish to complete a Supported Internship. This is a program for young people between the ages of 16 – 24 who have an Education, Health and Care Plan (EHCP). Traineeships and Accessible Apprenticeships are all available through City College Peterborough.

Access to the Employability Hub is via a "Referral" from a Social Worker. Do not worry if you do not have one. Please contact us to see if we can help.



**Contact the Lead
Job Coach**

01733 797 719

Royce Rolls Catering



Royce Rolls Catering, based at 441 Lincoln Road, is a Supported Employment business working Monday to Friday with the occasional late night and weekend work. We support people with learning difficulties, disabilities and autism to learn catering and employability skills. We support the in-house cafe at the Dementia Resource Centre and run a catering kitchen, assisting the individual to achieve their full potential.

Different ranges of support levels are provided which meet individual needs in a person-centered approach to help achieve aspirations and goals. The range of catering provided can be as small as 5-person business meeting buffet right up to a 150-person wedding reception.

Contact the Placement Officer

01733 797 706

The Laundry Basket

The Laundry Basket based at 441 Lincoln Road is a Supported Enterprise. This enterprise provides a service to organisations and individuals by successfully washing, drying and ironing a variety of items. This service helps individuals develop independent living skills and employability skills.

Contact the Placement Officer

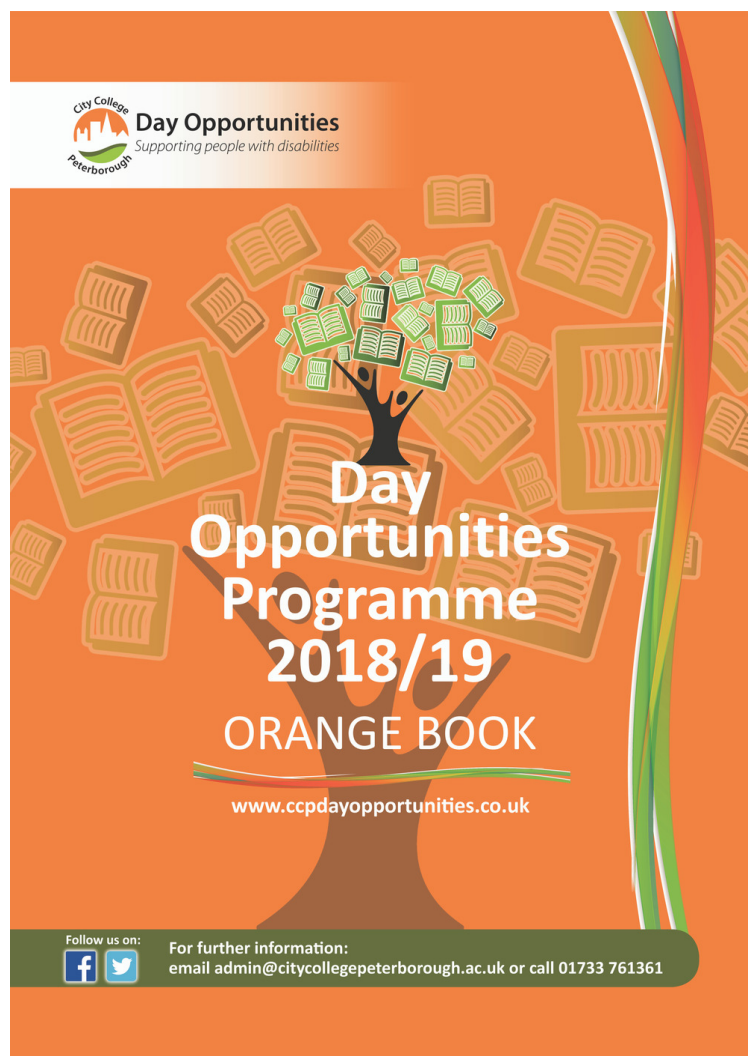
01733 797 706



Orange Book

The Orange Book course guide provides a wide selection of courses to encourage learning to increase life skills, and most importantly, being integrated within the College community, having a sense of support and belonging thereby preventing isolation. Courses are free of charge and include: Internet and Social Media Security; Basics of Computers; Looking after your Money; Confidence Skills and Lets Cook. The courses are all-inclusive and some are tailored for people with complex needs.

On the completion of the courses, learners will be awarded with an AQA certificate, which gives the learner confidence and recognition of their achievements. All courses offer positive interaction among people they know, learning in a safe environment. The opportunity for family and carers to attend is also available.



CONTACT US

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**City College
Peterborough**

Working together, learning together