



## *Service Facts*

**Please note:** Our website is designed to communicate our ethos and values to families and service users. We are a service that believes strongly in maximising independence. We work closely with each service user to find creative ways for them to gain a sense of belonging in the community.

### Costs

We charge £14.50/hr for one to one support and small groups of up to 4 people. We also provide full day sessions at weekends for groups of 5 or more people which are typically charged at £9/hr. We also run monthly Sunday Socials (The Sunday Mash) which is charged at £12 and covers 3 hours of support, venue hire, equipment hire and activity costs. For first timers we offer a special introductory rate of just £5 for The Sunday Mash (see our website for further details)

### Sessions

Our sessions are activity focussed and last as long as the activity needs. For one to one support they are typically 2-3hrs in duration and for small groups they are typically 3-4hrs. These sessions are run in the day time, evening and at weekends and we do not increase our hourly rate for unsociable hours.

### Transport

All our staff are drivers so we are able to provide transportation to access a wide range of venues across Nottinghamshire and further afield. This is all included in the hourly rate and we do not charge for mileage. Collecting people from home who are feeling depressed and isolated and helping them get to an activity is also a hugely important element of our support.

## Outcomes

The service is now referred to as simply **aebal**. We do provide leisure activities as part of our service but, over the years, our support outcomes have become extremely varied and focussed on the individual needs of each person. We achieve a wide range of outcomes by forming a strong and meaningful working relationship with each service user.

### Work opportunities

We work with several organisations around Nottinghamshire to provide important work and life skills for our service users. These include Dogs Trust, Barnardo's, The Canal Trust, Windmill Gardens, British Heart Foundation, Crocus Café, One Conversation Project.



## Independent Travel

Our support is all about enabling people to become part of their community. We have helped numerous service users travel to mainstream venues by bus or tram and they are now able to meet us at activity venues independently.

## Time Management

A lot of the people we meet are heavily dependent on family to manage their time and life responsibilities. We help people move into a more adult mindset and give them the confidence to start managing their time and take more control of their lives. We encourage people to use their own mobile phones, be less reliant on family input and become more self-sufficient in organising their week.

## Money Management

As all our support is out in the mainstream community, we encourage everyone to manage their own money and interact with the staff at the various venues.

We have seen huge improvements in the young adults we have worked with as they gain a grasp of the value of things, they understand their own personal budgets and they become more confident when purchasing items. We have also supported people to go into their banks and set up online banking.

## Independent Living

We organise a weekly cooking social where we take a small group to a venue and prepare and cook a meal. This is also combined with a trip to Morrisons beforehand to pick up the ingredients. Each individual is given jobs based on their capabilities and it's a real team effort each week. They choose what they'd like to eat each week, they round up all the ingredients (and push the trolley!), pay and pack at the checkout and then go and cook the meal.

We have also worked with several people in helping them move out of the family home and live independently. As we have built up a close working relationship with them, they have requested aebal to support them with the move and the new responsibilities involved.

Combined alongside our community support, we have helped people with the upkeep of their homes, sensitively helped them to improve hygiene habits and even done some painting and decorating! We have the flexibility and experience to adapt according to the person's current life needs.

## Sports and Fitness

We believe there are huge physical, mental and emotional benefits when people engage in exercise and sports. We do all sorts of activities to promote these benefits and these sessions have acted as catalysts for improved self-belief and independence in the community.

## Education

We have worked with a number of service users to help them to research and attend various courses and classes to enhance their skills and knowledge. We also run a little group session on a Friday to encourage individuals to discuss ideas and gain confidence and support from each other!

