



## Service Factsheet

aebal is a small yet progressive Support Provider. We work closely with each person to find creative ways to gain confidence, develop social skills and become more independent out in the community.

### Costs

We charge **£15.30/hr** for one-to-one support and small groups of up to 5 people.

For individuals with more complex needs who require additional support with senior staff members, we charge **£18.62/hr**

We run quarterly Sunday Socials (The Sunday Mash) which are charged at £12 and cover 3 hours of support, venue hire, equipment hire and activity costs. For first time attendees we offer a special introductory rate of just £5 for The Sunday Mash (see our website for further details)

We also provide summer seaside outings where we take larger groups to various coastal destinations. These are charged at our day rate and this amount is dependent on group size, staff needed and mileage.

We do not increase our hourly rate for unsociable hours.

### Sessions

Our sessions are community 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 every weekday and also in the evenings. We are also open on Saturdays and each weekend we facilitate a 'Saturday Roadtrip' to different destinations outside of Nottingham. These are usually to zoos, national parks, castles, other cities and typically last around 6hrs.

### 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.** Being able to collect people from home who are feeling depressed and isolated and helping them get out the house, is a hugely important part of our support.

### Service Outcomes

The service is now referred to simply as 'aebal'. We do provide leisure activities as part of our support however, over the years, our outcomes have become extremely varied. Our focus is on improving mental health through mentoring, friendship and social inclusion and we are able to achieve a wide range of outcomes by forming strong and meaningful relationships with each person we support.



## Work / Education opportunities

We work with several organisations across Nottinghamshire to provide important work and life skills. We have supported people to gain roles at Dogs Trust, Barnardo's, The Canal Trust, Windmill Gardens, British Heart Foundation, Crocus Café and One Conversation Project to name a few. Depending on the person's capabilities, we can remain involved with the placement or provide temporary support until the person can work there independently.

We also provide advice and mentoring for clients looking to explore college opportunities and have supported people to apply and attend various courses.

## Independent Travel

Our support is all about enabling people to become part of their community. We have helped numerous clients to 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 encourage people to move into a more adult mindset and give them the confidence to start managing their time and take more responsibility. We promote the use of mobile phones, teach people to be less reliant on family input and help them 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 a Supermarket beforehand to pick up the ingredients. We delegate responsibilities to each person and encourage them to take control and make their own choices. They choose what they'd like to eat each week, round up all the ingredients (and push the trolley!), pay and pack at the checkout and then head off to cook the meal.

Combined alongside our community support, we have also 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

Research has shown it is hugely beneficial for physical and mental well-being when people engage in exercise and sports. We do all sorts of activities to endorse these benefits and these sessions have acted as catalysts for improved self-belief and a more positive outlook on life.

