

About aebal

Updated: Apr 2026

Our support approach

Over the 14 years we have been providing social support, we have heard countless stories from our members and their families about their experiences of loneliness and social isolation, particularly the years following the transition from school or college into young adulthood.

Although some were accessing their local community, either independently or with family support, they often felt no real connection to it and it certainly wasn't a place where they felt accepted, understood or valued.

Irrespective of age or the type of disability or mental health condition, we recognised that the common problem they all shared was an absence of community and a sense of belonging.



At aebal, we understand that, without a place to feel understood or accepted, a person's self-worth and sense of self can rapidly diminish, leading to feelings of depression, anxiety and separation from the world around them.

Our mission is to help our members overcome the social and environmental barriers they face when accessing the community and make it a more open minded and inclusive place.

From day one, our approach is to provide supportive, fun and uplifting, social environments to instil the clear message that: everyone is welcome, everyone can be their authentic and unconventional selves and everyone deserves to be valued, understood and feel like they belong in their community.



Our activities, including Saturday support!

We are extremely proactive and creative with our session ideas, actively involving our members in the new activity idea process, to promote choice, independence and ensure they are at the centre of their support.

We deliver our support using a 4-weekly activity timetable to provide a combination of variety and structure.

All our activities take place in the mainstream community and are designed around our member's unique personalities and interests.



From quiet and creative sessions, like our Tuesday afternoon Stop Motion animation project, to performing a song at our Wednesday evening (Activity rota WK1) Karaoke session, to improving fitness at our gym or swimming sessions, to food shopping and food prep on our Thursday evening cooking social, to learning about bird species on our weekly Friday morning walking group.

The list is endless and ever changing!

We are also open on Saturdays where each weekend we organise a 'Saturday Road trip' to various destinations outside of Nottinghamshire. Venues include zoos, wildlife parks, castles, steam train experiences, boat trips, video game museums and much more!

Visit our website www.aebal-leisure.com to download an up to date Activity Timetable which includes all our 4-weekly activities.

Free transport

All our staff are drivers so, when required, we are able to pick up our members from home and transport them to the various session venues across Nottinghamshire and further afield. This is all included in our hourly support rate and we do not charge extra for mileage.



Being able to collect people from home who are feeling depressed and isolated and providing face to face encouragement is a key element of our support and drastically increases attendance in comparison to more traditional day services. For our more independent members, they are always encouraged to travel independently to our session venues to promote self-reliance and to make best use of their allocated support hours.

Our sessions and staff training

Our team understand the importance of building rapport and ensuring we are creating meaningful experiences and meaningful social connections amongst our members on every session. These are the foundations for our support and create the conditions for self-belief and self-acceptance to flourish.

In turn, this leads to personal growth and social development and helps build the confidence and motivation needed for our members to become more independent and self-reliant people.

Social dynamics are always prioritised to ensure group sizes are manageable, friendships can form and members feel like they are with people with similar needs and interests. We also ensure there is one-to-one support available within the small group setting for anyone requiring a little extra help and some personal space away from the activity.

We deliver our support in small groups with high staff ratios, typically 6 members supported by 2 or 3 staff depending on the level of need.



Members typically access our support between 6hrs and 12hrs per week, however we offer a minimum of 3hrs per week and a maximum of 18hrs per week depending on requirements and funding. Weekly sessions are approximately 3hrs in duration, therefore some members have just one session a week with us whilst others may attend three or four.



Behind the fun activities and social outcomes, our dedicated team are instilled with the professional skills, knowledge and training to ensure all our members receive the highest level of person-centred care and are supported in line with The Care Act, Safeguarding Vulnerable Groups Act and Mental Capacity Act.

aebal sessions promote a positive risk approach with our team fully understanding the 6 principles of safeguarding and that our members want to feel empowered, not dependent on others. Our approach is to ensure all aebal members are safe and well supported, however we also want them to feel as independent as possible and that our staff are there **with** them, not **for** them.

Who we support

aebal specialise in helping people whose disability or mental health condition has caused their well-being to deteriorate to the point where they have lost the confidence to access the community and have become socially isolated. We are also accessed by people who don't feel like they belong in the traditional day centre settings, due to finding them either too overwhelming or feeling they are too independent and capable for this type of support.

We support young people (16+) and adults at risk with ASD, ADHD, mental health conditions, neurodevelopmental disorders and mild to moderate learning disabilities.

Our neurodiverse community currently includes a wide array of individuals aged 16 to 67. Some are high functioning and live independently but need support with social skills and maintaining friendships, others have higher needs and could not access the community safely without support.

****It should be noted that aebal does not provide any CQC regulated activities and is therefore not able to offer support with personal care needs.**

Areas we cover

aebal support can be accessed by Nottingham City, Nottinghamshire County and Derbyshire County citizens (who live in districts bordering Nottinghamshire, such as Amber Valley and Erewash).

Transport is included within our support rate and due to all our staff being drivers, we are able to collect members from their homes and transport them to our various community venues.



Support outcomes and life skills

While we offer designated life skills sessions on Monday afternoons and Thursday evenings, most of our members' support outcomes happen organically through our approach and activities within the mainstream community. Our members encounter real-life experiences in each session they attend, giving them the chance to learn life skills firsthand.

In accordance with the Care Act 2014, our support helps our members improve their mental, physical and emotional well-being in the following ways:

***Preventing social isolation*

***Social Well-being / Developing and maintaining relationships*

***Accessing and engaging in opportunities out in the community*

***Support with AuDHD challenges / executive functioning / emotional regulation*

***Improving physical health and nutrition*

***Transport / travel training*

***Independent living skills (shopping, cooking, cleaning)*

***Time management skills*

***Money management skills*



Support rates

aebal is an Approved Support Provider with Nottingham City Council under the CSE (Care, Support and Enablement) Framework and a Direct Payment Service with Nottinghamshire County Council and also Derbyshire County Council . We are also accessed by people who self-fund for their support.

The type of support we deliver does not fall into any CQC regulated activities therefore we are not regulated by the Care Quality Commission.



HMRC states: Where the provision of welfare services is provided by a company that is not a charity or CQC-registered, they are subject to VAT. Therefore, aebal became VAT registered in 2022 and our support rate is subject to 20% Value Added Tax.

As of **May 30th 2026**, our hourly support rate for Nottingham City Council members on the CSE Framework, is £21.20/hr plus VAT. This works out as **£25.44/hr inclusive of VAT**.

For Nottinghamshire County Council members, Derbyshire County Council members, self-funding members or members under 18 in receipt of Short-Breaks funding, our hourly rate is £20.76/hr plus VAT. This works out as **£24.91/hr inclusive of VAT**.

Please download our support rates documents on our website for more information.

