

Service Summary

Updated: May 2023

aebal specialise in small group support, social outcomes and friendships. Our wide range of sessions aim to bring people together through mainstream community activities and real life experiences. We help people to become more active, to feel more confident, to gain more independence and to find enjoyment in the here and now.

Our approach to support is to improve mental health through a sense of community and a sense of belonging. We understand how important social connections are in how people feel about themselves and how they perceive the world.

aebal work with adults and young people (17+) with mental health conditions, autism and mild to moderate learning disabilities. **We do not offer personal care within our support.

Support rates

aebal is both a Commissioned Service (with Nottingham City Council) and a Direct Payment Service (with Nottingham County Council). We are also VAT registered meaning our support rate is subject to a 20% HMRC tax. As of June 2023, our support rate for both City Council and County Council is £18.72/hr plus VAT. For clients under 18, our service can also be accessed through short breaks funding. (Please refer to 'Support rates' for further clarification)

Our sessions

Our clients are typically allocated between 4hrs and 10hrs per week of support with aebal, however we can offer a minimum of 2hrs per week and a maximum of 15hrs per week.

Support time is always used flexibly and organically, with each activity defining how long a session lasts. 121 sessions are typically 2 - 3hrs in duration and small group sessions are typically 3 - 4hrs. Clients are also given the opportunity to save hours for extra occasional 121 sessions or Saturday trips.

Our sessions are delivered every weekday and also in the evenings on specific days (Please refer to our 'Activity Rota' for further info). We are also open on Saturdays where each weekend we organise a 'Saturday Road trip' to various destinations outside of Nottingham. These destinations include zoos, national parks, castles, steam train venues, boat trips, video game museums and much more!

Transport

All our staff are drivers so, when necessary, we are able to provide car transportation to access a wide range of venues across Nottinghamshire and further afield. This is all included in our hourly rates 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 vitally important attribute of our support. The calm and secure environment of being in the car often acts as a safe space and provides our clients with the opportunity to confide in staff and overcome anxious thoughts.



Support outcomes

Social skills and mentoring

We are always mindful of social dynamics on sessions and ensure group sizes are manageable for the individual needs of each client. This enables friendships to flourish and allows our staff the opportunity to sensitively offer guidance on client's behaviour and social skills. We understand how important and meaningful these social interactions are in the way clients feel about themselves. All our staff work as a team to ensure we achieve positive social dynamics on every session. Staff also try to interact with the general public whenever possible to help our clients with their community confidence.

Independent travel

Our support is all about introducing people to new opportunities and enabling them to feel part of their community. We have supported numerous clients to gain the confidence and knowledge to travel to our various activity venues by public transport and they are now able to meet us there independently.

Time management

A lot of the people we meet are heavily dependent on family to manage their time and weekly commitments. We encourage our clients to move into a more adult mindset and give them the confidence to start taking more control and more responsibility. This is especially true for our younger clients who are in the transition between child and adult services. We promote the use of mobile phones and text session details directly to all our clients when possible.

Money management

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

Independent living skills

We organise an evening cooking session every week where we take a small group to a community kitchen to prepare and cook a meal. This is combined with a trip to the supermarket beforehand for the group to decide on a meal and pick out the ingredients. All the clients contribute and a great sense of team work and accomplishment is achieved along with some important life skills!

Sports and fitness

Research has shown it is hugely beneficial for mental well-being when people engage in exercise and sports. Our weekly sessions involve numerous sporting activities to boost confidence and fitness as well as supporting people to try new sports and improve their skills!

Volunteer work / collaborations

We work with several organisations across Nottinghamshire to provide important work and life skills. Depending on the person's capabilities, we can remain involved with a placement or provide temporary 121 support until the person feels confident and capable enough to attend independently.

