



## Bright Opportunities Day Service



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# 1. Introduction

Bright Opportunities is a new **not- for- profit** creative community based day service for adults with learning difficulties/ disabilities living within the High Peak. The service is located in the heart of Buxton town centre. The service is dedicated to providing the highest quality person centred care and support and offers access to a variety of leisure, educational and developmental activities.

Our day service is based around the local community resources. We offer a range of activities for adults with learning disabilities. Users of the service can choose which activities they would like to take part in. These make use of local facilities, rather than only taking place in a dedicated building.

Bright Opportunities do not use agency staff all employees are carefully chosen and trained (including S.K.I.P) to ensure they embrace the organisations ethics and values of support, choice opportunity and independence.



Bright opportunities actively seek to promote choice, opportunity and independence in the way in which each service user decides to use their day in a personal centred approach.

The service takes a person-centred approach to developing and delivering an individual activity plan. The service supports the key principles within the government's white paper Valuing People, and Valuing People Now.

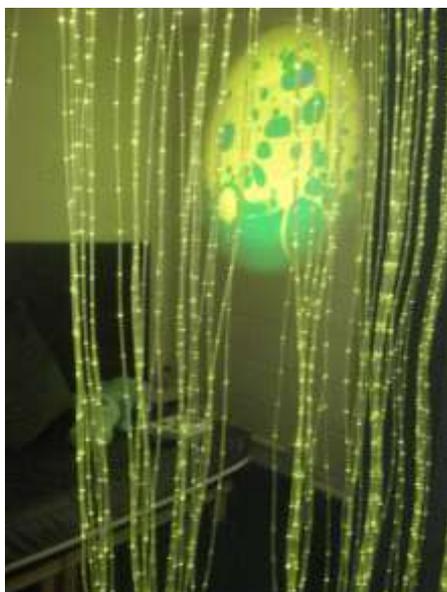
Staff actively support people with a learning difficulty to increase their independence. Staff ensure that people with a learning difficulty have opportunities to contribute to and benefit from community life and are seen and valued as equal citizens.

The community day opportunities team consists of two managing directors and a team of skilled experienced support workers.

The service works closely with a broad range of support agencies including social care and health workers plus the multi-disciplinary team consisting of physiotherapist, occupational health therapist, speech and language therapists, learning disability, community nurses and self-directed support workers.

People can choose to attend the centre two days a week or on selected days to suit their lifestyle, the allocation of which is subject to availability and assessment.

Bright Opportunities have a dedicated multisensory snoezelen room providing a multisensory environment offering users a feeling of safety, novelty, and stimulation that is under their control.



## **Bright Opportunities:**

- **Help develop social skills, capacity for friendships and positive relationships**
- **Ensure that adequate support is in place to meet individually assessed needs**
- **Support individuals to enjoy facilities in the community, including Buxton leisure centre, community allotments, cafes and community groups**
- **Support individuals to make independent choices, influence and inform Bright Opportunities through feedback and complaints.**
- **Challenge stigma and discrimination within the wider community.**

Bright opportunities continue to implement the strategy of aligning service provision to the “Valuing People Now” and Personalisation Agendas. This work is around providing first class in-house day services and the need to further develop the concepts of promoting social inclusion and independence. The future direction for the service will continue to build upon these efforts and see greater emphasis on individualised and flexible community services.



**We believe in:**

- **Making a positive and real difference to the lives of the people that we support by providing customer focused services, delivered by experienced and competent individuals, teams and support networks.**
- **Contributing to the realisation of service user plans.**
- **Maintaining appropriate records.**
- **Assisting with regular health and safety checks/ monitoring.**
- **Operating in line with the philosophy, aims, objectives and standards of a service which promotes equal opportunities for all.**
- **Empowering people and assisting each individual to develop their own interests and skills.**
- **Working towards improving life chances for people with learning difficulties through a 'person-centred approach'.**
- **Providing appropriate support to adults with learning difficulties who wish to access community resources and opportunities.**

## **2. How to access Bright Opportunities?**

In order to ensure that we can provide the appropriate support, an assessment all new service users needs is carried out by the Bright Opportunities team and a service delivery plan will be agreed. It will describe the type of day service the person wants to access and the support the person will need.

Email [enquiries@brightopportunities.org.uk](mailto:enquiries@brightopportunities.org.uk) or telephone 07426 071966 to make an appointment.

### 3. Transport



Bright Opportunities can provide transport. The transport service collects people from their homes and take them to Bright Opportunities. At the end of the day, service users are taken home by the transport service.

We actively encourage people to walk and use public transport wherever possible and can support this through providing travel training.

### 4. What do Bright Opportunities provide?

We provide a structured day service. The service is open initially Monday and Thursday 9am to 4pm and is available throughout the year.

The services provided are 'person-centred' they are tailored to suit each person's preferences and individual needs. We regularly review the support each person receives to make sure that it is continuing to meet their needs. The activity programme is regularly updated in partnership with service users as new opportunities emerge.

Broken down into morning and afternoon sessions, with a midday lunch break, our programme includes activity groups such as gardening, baking, discussion, arts & crafts, photography healthy living and walks for health.

Our facilities are full accessible and include two kitchens, a reception area for work experience, several large multi-purpose rooms, a computer room with internet access and a number of smaller rooms and offices. In addition to standard toilets there is a wheelchair accessible toilet. The service is tailored to suit individual needs using a variety of tools and methods:

## 4.1. Structured Social Activities

### Gardening and allotment

People can attend our community allotment located within walking distance of our day service and gain skills needed to work in gardening and horticulture.



### Life skills

Activities promoting life skills take place in the building and community.

We support and promote life skills activities for:

- Literacy and numeracy - money skills, basic adding and subtracting
- Local and personal history
- Creative arts
- Voluntary work placements/ experience
- Gardening / allotment programmes
- Travel training developing and maintaining life skills, e.g. domestic skills (cooking, cleaning),
- Activities in the community, e.g. social activities (visiting museums, libraries, exercise classes, organising coffee mornings, etc.)

In doing so, we give real experiences to the people we work with, which enables them to make knowledge based decisions.



## **4.2. Day service package**

A customer accessing Bright Opportunities will have:

- an individual programme
- a person centred care plan
- a day service delivery plan
- an individual file
- a key worker
- a review meeting date

### **4.2.1. Individual programme**

Each customer has an individual programme - this is a timetable that shows what activities the person will do and when. It also shows how much money is needed for activities and lunch. These timetables are produced in “easy read” format.

### **4.2.2. Person Centred Care plan**

Being person centred or using person centred approaches means ensuring that everything we do is based upon what is important to a person from their own perspective. Person Centred planning discovers and acts on what is individually important.

### **4.2.3. Individual file**

Each user has an individual file and contains their own programme and log evidence sheets for each activity/session, including photographs and other relevant information.

### **4.2.4. Keyworkers – team coordinators**

Each user has a designated key worker who is responsible for coordinating their clients day service provision. They are the main point of contact for the user and their families/carers and will help the user to arrange their review meeting.

### **4.2.5. Review**

The purpose of the review is to discuss how the service is meeting the user's needs, which have been identified in their care plan. The meeting involves the user, their family /carer, keyworker and someone from the LDT (learning disabilities team). Users to prepare for their annual review meeting by gathering information on all the sessions the user has taken part in and by using photographs to show what they have achieved.

### **4.3. Programme of activities/sessions**

All the sessions offered to users have aims and objectives which describe the purpose of the session and what the user can expect to gain from the session. These are evaluated on a regular basis and discussed at the users review meeting.

#### **4.3.1. Independent Living Skills**

Our activities provide opportunities for users to develop skills that promote independence.

#### **4.3.2. Meal preparation and basic cookery**

Enabling customers to gain the skills to prepare a meal – deciding what to cook, shopping for ingredients and cooking the meal.



#### **4.3.3. Household tasks**

Enabling customers to gain the skills to use a washing machine and keep a home clean and tidy.



#### **4.3.4. Travel training.**

Enabling customers to gain the skills to use Public transport and an awareness of road safety.



#### **4.3.5. Arts and crafts**

Bright Opportunities have well-resourced art activities and encourage customers to work towards producing high quality art work,



Card making and jewellery making

#### **4.3.6. Healthy Living Sessions**

There is a strong emphasis on healthy eating and understanding the role food and exercise play as part of maintaining a healthy lifestyle. Exercise and sport sessions take place at Bright Opportunities and in the community. They can include football, swimming, dancing, horse riding and walking.



Let's get active leisure Centre session

#### **4.3.7. Advocacy and Volunteering**

Peaks and Dales advocacy sessions are provided at Bright Opportunities and volunteer opportunities are supported through Buxton volunteer bureau.

#### **4.3.8. Work experience programmes available through Bright Opportunities include:**

- Allotment - a gardening project which involves people in the community to undertake garden maintenance. We also have a nursery where we cultivate plants for sale to the public.
- We are developing community partnerships to identify meaningful work placements in the community.

## **5. Questions**

*How much does the service cost?*

The cost will depend on individual assessment..

*What are the arrangements for meals?*

Meal arrangements depend on individual circumstances. Users may provide their own lunch if they wish or to or pay £3 per session towards lunch. Popular choices are home-made sandwiches and salads. There are excellent kitchen facilities to undertake lunch preparation to make a hot or cold meal and a hot drink. Staff will provide support. Healthy eating is promoted and encouraged. Users may be encouraged to prepare their own lunch as part of their skills for learning programme.



## 6. How to contact us:

<b>Tracey Balfe / Stuart Webster</b>	
<b>Additional Information</b>	<b>Bright Opportunities CIC No 8206092</b>
<b>Opening Hours</b>	<b>9.00 a.m. to 4.00 p.m. Monday and Thursdays</b>
<b>Phone Number</b>	<b>07426 071966</b>
<b>Facilities</b>	<b>Disabled Access, Disabled Parking, Disabled Toilets, Public Toilets, washing machine, dryer and shower.</b>
<b>Address</b>	<b>Bright Opportunities 11a Market Street (Buxton for youth) SK17 6LF</b>
<b>Web address</b>	<b><a href="http://www.brightopportunities.org.uk">www.brightopportunities.org.uk</a></b>
<b>Email</b>	<b><a href="mailto:enquiries@brightopportunities.org.uk">enquiries@brightopportunities.org.uk</a></b>