

Look forward to a bright future



Friendships, life skills and learning when you join
FITZROY IN TRAFFORD, a charity transforming lives
for people with learning disabilities and autism.

Welcome to FitzRoy Trafford



Everyone has the potential to learn, grow, and develop, and all our groups are tailored to meet the goals and ambitions of people with learning disabilities to do just this. Enjoy browsing through our guide, and finding inspiration to help you live the life you choose.

We run all kinds of sessions to help you learn, keep active and make new friends – from cookery clubs to IT groups, art projects to cinema visits, horticulture to communication groups...there is something for everyone. We also run ASDAN courses and support you to volunteer at other community projects, using your skills to help others.

By joining us at FitzRoy Trafford, not only will you be joining a community of new friends, you will be supported by highly trained and qualified staff on each course.

Enjoy browsing, and we look forward to meeting you.

Best wishes,

Chris Hughes, FitzRoy Trafford Manager

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OUR PROMISE TO YOU:

- ✓ You will be involved in planning your goals and reaching your achievements.
- ✓ We will celebrate your achievements and inspire you to set new goals.
- ✓ By joining FitzRoy Trafford you will be gaining skills and independence for life.
- ✓ We tailor support to each person.
- ✓ Our trained and experienced staff can provide you with one to one support, or group support.
- ✓ Most of our activities suit all abilities and we try to involve people, whatever their level of need.
- ✓ We are ASDAN Accredited and offer ASDAN courses if you are interested in taking a subject further.

A BIT ABOUT...

FITZROY TRAFFORD

has been working with people with disabilities for 21 years. We've got a great track record in supporting people to be as independent as they can be, whatever their ability. Twenty years ago, we were running independent travel programmes, teaching people how to use the trams and buses so they no longer had to rely on minibus services. In 2004 we were chosen by Trafford Council to demonstrate how a successful modern service should work when the area's large adult day centres closed down. And in 2010 we were approached by the council to set up an independent scheme, helping local people with physical disabilities and sensory impairments to find the support they needed.

Today we support around 50 people each week – at our centre in Sale, out in the community, or from people's home. Our fully accessible centre has recently been refurbished with great facilities to support people, whatever their level of disability or need.

FitzRoy is a national charity, and staff benefit from comprehensive training in all aspects of health and social care. Staff enjoy their work and as we have a very low staff turnover each member of staff builds strong relationships with the people they support.



HOW TO USE THIS GUIDE

- 1 Read the activity description to find a session you like. There might be an activity on the list which you already know you enjoy, or something totally new which you'd like to try.
- 2 Once you have decided which activity, or activities, you would like to join, contact us.
- 3 To book a place either email, or call, us. You will find the contact details at the back of this guide.

YOUR LEARNING AND OUTCOMES

Work-based learning

Numeracy, literacy, customer service, time-keeping, team-working, and personal appearance.

Skills for independence

Budgeting, travelling, safety awareness, shopping, cooking skills.

Personal development skills

Health, well-being, communication, exercise, self-expression, engagement, confidence building, and encountering new experiences.

Key skills

Decision-making, problem solving, appropriate interaction, co-ordination, and concentration.

Health and wellbeing

Exercise, improving mobility, healthy eating and health awareness.

TAKE YOUR PICK

ART AND CRAFT

Discover the wonderful world of art and craft with sessions running throughout the week. Craft sessions focus on making everything from greeting cards to bags, while our art groups work on projects using all types of mediums – print-making, collage, painting and drawing.

COOKERY SKILLS

In our cookery groups you can learn to prepare anything from simple snacks like tasty salads and pasta dishes, through to healthy curries and stir fries, and everything in between! We also do plenty of baking – scones, cakes, puddings and pies. In a fun and safe environment this is a great way to develop your independence and enjoy cooking the food you love. We

have lots of adapted equipment to help you get involved in food preparation, and you'll also learn about menu planning and ingredient lists.

COMPUTER SKILLS

We'll help you to explore your own interests online, keep in touch with friends and family by email or social media, play games, stay safe online, find out what's going on in the world, work on your own projects, or even help you plan your holidays. At the same time you'll learn how to use the equipment and improve your keyboard, mouse and touchscreen skills. We have plenty of adapted keyboards, switches, height adjustable tables and touchscreens to enable everyone to get involved.

COMMUNICATION GROUP

Learn all about different ways of communicating with people - using words, signs, phrases, objects, photographs, P.E.C.S, or Makaton symbols. If you have your own communication system that suits you, such as a communication board, we can help you share it with the group and add new words or pictures to it. We also help people get the most of their own electronic communication devices, and share information about them so other people at the service can chat to you using it.

DANCE

Our dance session is a fun way to get some exercise while having fun and enjoying your favourite music. You'll have the chance to express yourself through movement, learn about group working, and learn and prepare dance routines to perform for other people.

MUSIC

If you love music this session is for you. Indulge your passion and start learning about different genres, i.e. Rock and Roll, Rock, Classical, Opera, Blues, Reggae, Soul etc. We've plenty of instruments to get you involved, and a nice big space to make some noise in. You'll also record and create your own songs and learn about music and different traditions from around the world.

PHOTOGRAPHY

We've got all the equipment you'll need to take great photos. You can learn all about photographing people and the world around us, experimenting with different effects and filters, using different devices to take photos, and have a go at animation projects. We try and enter the best photos into competitions and local exhibitions, share them with friends and family online or frame and display them ourselves.

SOCIAL CLUB

We wanted to give local people with learning disabilities more options to socialise in the evening. Our social club has a different theme each week: games nights, film nights, karaoke nights, pub visits and more. Come along and have some fun! Tickets for the club cost just £3 per person, and refreshments are included. Just give us a call ring to let us know you're coming.

CYCLING

Simply Cycling is a great scheme in Trafford, which provides all kind of accessible bikes to get people cycling and staying healthy. We support people along to Longford Park and Wythenshawe Park on different days of the week.

GARDENING SKILLS

We've got our very own allotment in Sale where we grow our own fruit and vegetables. Come along to learn all about horticulture, growing plants from seed and caring for them in the great outdoors. We often use the things we grow for our cookery skills sessions. The allotment is accessible with hard paths and high raised beds for wheelchair users.

LOCAL OUTINGS

There are so many great places to visit and things to do in Greater Manchester and Cheshire, whatever the weather. We use our own accessible vehicle, buses, trams and trains to get out and about most days of the week – to museums and galleries, parks, markets, shopping centres and to special events taking place throughout the year in the area.

SUPPORTED VOLUNTEERING

Through supported volunteering, we can help you use your skills to help others, becoming a provider of a service yourself. We've helped people volunteer at not-for-profit charities and organisations – things like helping to maintain gardens, working in charity shops or community cafes. It's a great introduction to the world of work, and a way to meet people, gain new skills, and increase your confidence.

SOCIAL OUTINGS

Across the week there are plenty of opportunities for you to make the most of your community, spend time with your friends or make some new ones. We'll support you to get to cafes and pubs, go out for lunch or dinner, play a game of pool, attend a music gig, or visit the theatre.

PLUS SO
MUCH MORE...

COMMUNITY ARTS PROJECTS,
GYM SESSIONS, SWIMMING,
CINEMA TRIPS, SUMMER DAY TRIPS...



COSTS

- For support as part of a small group, a morning or afternoon session is £19.63, and a full day is £47.10.
- One to one support for half a day is £47.10, and for a full day is £94.20.
- Personal assistant support, and community based support is £13.00 per hour.
- We offer a limited transport service - price varies by area.
- If you are attending the social group please bring your own support if needed.
- We can tailor packages of support to suit you, for example, you might want one-to-one support for part of a day, but join in with a small group for the rest of your time with us. Costs for this will be worked out individually.

CONTACT US BY PHONE OR EMAIL



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www.facebook.com/fitzroytrafford

www.fitzroy.org

We know how daunting the transition can be for young people moving into adult services, and for parents.

If you decide you'd like to start with us, we'll take the time to get to know you and the people who know you from home or college, so we can get a good idea about the type of support you need.

WE CAN OFFER FREE TASTER SESSIONS FOR YOU TO COME AND TRY THE SERVICE OUT - OR FEEL FREE JUST TO POP IN FOR A VISIT AND A LOOK ROUND.

We have a short application form we can go through with you at your home, at college, at our centre in Sale, or over the phone. This gives us an idea of your needs, likes and dislikes and helps us to tailor a package of support to suit you.

Most people use their personal budgets or personal income to access the service.

ABOUT FITZROY

FitzRoy transforms the lives of people with learning and physical disabilities, and autism, helping them live more independently at home and in the community. Our values guide us each step of the way and are as important now as when the charity first began. Our vision is a society where people are treated as equals, regardless of their disability. Our mission is to transform lives by supporting people with learning disabilities to lead the lives they choose. We operate throughout England and here in Manchester we have services in Trafford and Stockport.

Where we can, we give voice to issues parents of people with learning disabilities have. We recently published a report called "Who will care after I am gone?" This highlighted the pressures parents face and our report was covered in the national press.

www.fitzroy.org