Menu of services for Pursuing Independent Paths

Supporting adults with learning disabilities to achieve their potential
Welcome to PIP

Who
We are a small, friendly and accessible local provider of quality social care, offering exciting and innovative services to adults with learning disabilities and mental health issues. We encourage and empower our students to reach their full potential, and provide a safe and fun learning environment.

PIP – Pursuing Independent Paths – improves the lives of vulnerable adults. We promote independence and choice by offering opportunities for development, and encouraging our students to become active members of the community.

What
PIP offers a flexible and dynamic range of services, and delivers ASDAN accredited educational training that focuses on independent living skills as well as social and emotional development. Students have the opportunity to build on existing skills, develop confidence, make new friends and try new activities.

We have four core services:

1. W9 – Creating opportunities for independent living skills and community integration
2. SW1 – Enabling access to the local community
3. Community Development Project – Establishing circles of support and community networks
4. Travel Training – Providing training to use public transport on individual journeys

Where
We deliver our services on site, in the local neighbourhood and in the wider community. Our on site services run in London W9 and SW1.

How
Person-centred planning is fundamental. All PIP services are personalised and based on the goals and skills of each student. We work hard with our students and their circles of support to offer new and innovative opportunities for development. This includes working in partnership with health and social services, the local community and local employers.
Services to encourage, empower and enable

Why
Research shows that personalised care leads to improved lives for adults with learning disabilities. We engage and motivate our students, leading to increased independence, confidence, personal development, mental and physical health, and self-expression through drama, arts and crafts. Our students develop skills and knowledge in literacy and numeracy, in using digital technology, travel training, healthy eating, and personal and group relationships. We also support students on their way into mainstream education, vocational and employment skills, volunteering and work placements.

Our objectives
Our key objectives are to:
• integrate our service users into the wider community
• offer our service users a voice within the community
• extend choice and opportunities to all adults with learning disabilities
• provide our service users with a legitimate voice in developing and managing our services and direction
• enable our service users to contribute to the local community through work and volunteering.

Our people
Beneficiaries
For disabled adults, PIP is a place of engagement, safety, opportunity and friendship. We support a wide range of adults aged 18 and over with learning disabilities and mental health issues, including Down’s syndrome and autism. Our beneficiaries have varying levels of support requirements, including moderate, substantial and challenging behaviour. We also support adults who have dual diagnosis.

Staffing
As a small and local community provider, we have a high ratio of staff to students, with a team dedicated to helping our students to develop and progress. Services at W9 and SW1 combine one-to-one work with group sessional services. Our Community Development Project and Travel Training are both one-to-one services.
Key features

PIP offers students ASDAN accredited training to equip them with valuable skills for the future. Education and training focus on literacy and numeracy; preparation for employment; independent living skills; business enterprise; nutrition, cooking and healthy eating; exercise and lifestyle choices; arts and crafts; theatre and drama activities; and leisure activities that include residential holidays, going to nightclubs, and attending concerts and football matches.

Major outcomes

Students gain opportunities for personal development, with increased and upgraded skills in the following:

- literacy and reading
- numeracy
- employment skills and preparation for employment
- independent living skills (for example, how to use a mobile phone)
- measurable amounts of daily independence (for example, daily activities such as cooking, cleaning and making tea)
- managing money, leading to awareness and independence, knowledge and pride
- understanding income and spending (for example, going independently to a shop and purchasing items)
- creative self-expression through arts, crafts and drama
- more confidence and greater independence, better prepared for adult life
- community integration, with an awareness of how to contribute to the local community
- developing social networks through new experiences, social events and residential holidays
- decreasing social isolation
- greater inclusion, through digital skills and use of modern technologies.

Per service user session:

- sessional £39.83
- hourly £13.28
SW1: Enabling access to the local community

**Major outcomes**
Students gain opportunities for development, with increased and upgraded skills in the following:

- **opportunities to develop friendships and a sense of belonging in the community**
- **creative self-expression through arts and crafts**
- **developing confidence by participating in activities that the community does**
- **improved physical fitness, healthy eating and cooking, and increasing awareness of nutrition and lifestyle choices**
- **increasing access to local community facilities, and better able to relate to the local community**
- **community integration, with an awareness of how to contribute to the local community**
- **social development, and decreasing social isolation**
- **developing social networks through new experiences, social events and residential holidays.**

**Key features**
PIP focuses on enabling our service users – many of whom are older, isolated and living alone – to access their local community. ASDAN accredited training and education, and activities offered include drop-in sessions that offer support for a wide variety of issues, such as council support, education, volunteering, employment and work placement opportunities; communication skills and self-advocacy; women’s group; arts and crafts groups; healthy lunch group; and community outings.

**Per service user session:**
- **sessional** £49.89
- **hourly** £16.63
Key features
Our Community Development Project provides focused and intensive support to isolated individuals and families who need support to develop networks and circles of support. A one-to-one project worker takes a person-centred approach to work with each service user, getting to know them and helping them to establish enduring circles of support.

Engagement with the Community Development Project lasts for a minimum of six months and involves establishing short, medium and long-term goals, as well as supporting access to leisure, health, social and other community resources. The aim is to build a support network based on the individual’s goals, skills, needs and preference, according to clear outcomes decided by each service user and their project worker.

Major outcomes
Service users benefit from the following:
• setting up and development of meaningful links and networks within the community
• establishing and developing relationships
• developing circles of support
• establishing and fulfilling short, medium and long-term goals
• increased confidence and self-esteem
• increased social interaction
• short periods of respite for families and carers
• additional communication skills.

Per service user session:
sessional £46.39
hourly £15.46
Travel Training: Providing training to use public transport on individual journeys

**Key features**
Our innovative travel training service provides intensive training on using public transport to enable our students to learn how to travel independently on specific routes to college, work or social activities. The training is continued until the student is able and confident to do that particular journey independently. The project delivers a structured programme catered to suit students’ needs. Students are provided with intensive support, and progress from being accompanied on their journey to being shadowed by staff from a distance. Eventually the trainee progresses to undertaking the entire journey independently.

**Major outcomes**
Students achieve the following:
- learning and practising individual steps in a journey, highlighting safety and awareness, and leading to independent travel
- the necessary skills, confidence and abilities to travel independently within their community
- recognising signage, and an awareness and understanding of road safety
- increased social skills, including confidence and self-expression
- greater access to community resources, and a higher level of independence
- opportunities to attend college, volunteering, employment and activities that students would never have had the confidence for or access to before their travel training
- increased involvement, participation and visibility in the community.

Per service user session:
- **sessional** £68.22
- **hourly** £22.74
Our costs: matching individual choices and goals

PIP’s services are created and delivered to match our students’ individual choices and goals. All our services are person centred, and offer choice and opportunity matched to an individual’s skills, goals and support needs. PIP can work with people who have a personal budget to create a timetable of tailor-made services to fit their goals. Services can be accessed separately, or in any combination. We are flexible about the number of days and hours per week, and the times we work together with our students. Please contact us to discuss further.

If someone you know would benefit from our services – or for more information about us – please do get in touch.

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June 2012