CountyCare

Specialist Support Provider

Why County Care

County Care is widely regarded as one of the most respected, innovative providers of support for people with learning disabilities, autism and mental health throughout Surrey, North Hampshire, Berkshire, West Sussex and South Lincolnshire.

We are committed to providing high quality, person centred services which promote the independence, choice and inclusion of the people we support. We have an excellent track record for the delivery of services which are truly personalised.

Across our services we highlight the importance of people being supported and encouraged to participate in a wide range of activities, and staff ensure that people enjoy full and active lifestyles. This helps to increase social inclusion and to make sure that the people we support have full access to the community resources, events and activities available. This in turn improves health and well-being and gives people the opportunity to strengthen their social networks and develop their confidence and life skills.

Check out our What we do section for further details of the services we provide.

County Care provides a wide range of support services for people who have learning disabilities, autism, mental health and their families. Our services are designed to be flexible and can be tailored to your needs in order to fit with your lifestyle. We understand that people may need support in different areas of their life.

Perhaps you need support at work, at home or in your local community. Our aim is to meet positive outcomes, independence, increase confidence and an active member of your community.

Sometimes finding the right services or talking to the right people in your area can be difficult. This is where County Care can help. As well as the services we provide, we also have links with other organisations throughout the UK. We can put you in touch with the right people to make sure you get the support that works for you.

Find out more about our services by calling our Services Team on 01483 224183 South East or 01754 611153 Lincolnshire or email info@countycare.co.uk.

Our professional, approachable staff team will be able to help you with your next steps.

Life & Community Skills Project

How our projects run:
Projects start at 9am and finish at 4pm Monday – Friday, additional support can be provided if an earlier start and later finish is required.
We run our projects 50 weeks per year – pick and choose which days suit best

We have locations across Surrey, North Hampshire, Berkshire, West Sussex and South Lincolnshire.

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County Cares award winning Life & Community Skills Project is a highly successful and innovative service for adults with learning disabilities, autism and mental health.
Accessible on a full or part time basis, the goal is to enable the people we support to live purposeful, independent lives, encompassing practical work, leisure and social skills.

Our Aims:
•To provide purposeful outcome based skills, contributing to a more independent, healthy and rewarding life
•Gaining extensive experiences in life skills, work, inclusion, volunteering and enterprise
•To help and encourage people being part of their community
•We believe that everybody can contribute and be part of their local community and this ethos is embedded in all our sessions

Live, Learn, Achieve

Learn all the skills you need to become independent.

Live, Learn, Achieve - helping you to live a more independent life.
On our LLA session you will cover all aspects of independent skills
like shopping, budgeting, travel training, banking, cooking, cleaning your home, managing correspondence, living a healthy lifestyle.

Skills Learnt:
- Shopping
- Travel training
- Personal Banking
- Paying Bills
- Managing correspondence
- Looking after your health
- And a whole lot more

Plan it, Buy it, Cook it

Cooking from Plan to Plate.

Plan - Choose recipe, write shopping list, head off to the shops
Cook - Become independent cooking your own meals, working within a kitchen environment and gaining basic food hygiene and kitchen safety.

Eat - The best bit
Skills Learnt:
- Meal Planning
- Creating a shopping list
- Travel training
- Budgeting and money skills
- Shopping
- Meal preparation and cooking
- Importance of a balanced diet
- Food Safety & Hygiene

Mow-tivated

Mow-tivated - Gardening and horticulture project
You will be working within our allotments and gardening projects in the community.

Did you know?
Growing plants gives us responsibility
Gardening connects us with nature
Gardening is great exercise
Gardening is therapeutic

Skills Learnt:
•Seed to supper
•Growing vegetables on a budget
•Plan your growing space
•Choose your crops
•Care for your growing garden through the seasons
•Harvest your bounty

Office Project

Office and IT skills project

Our office project is run as a social enterprise supporting people to play a leading role in an office environment.
Our main goal is to give those we support an opportunity to experience a real office environment.
Ultimately, we prepare individuals for work and we can also then support them to take that step out into employed life.
Skills Learnt:
•Team Work
•CV Writing
•Timekeeping
•Interview techniques
•IT Skills and online safety
•Use of office equipment and technology
•Communication skills

Art and Crafts

Art and Crafts

Our art sessions enable participants to explore their creativity and experiment with a wide variety of art mediums and materials to create wonderful works of art. Some of our Art is sold through our social enterprise in our online shop.

Our sessions have many proven benefits for the participants such as boosting their self-confidence and esteem.

Skills Learnt:
•Creativity
•Confidence
•Problem solving
•Running a social enterprise
•Communication
•Working collaboratively with businesses in the local community

Work and Volunteering

Work and Volunteering

Volunteering allows you to connect with your community making it a better place Dedicating your time to volunteer helps you make new friends, expands your network and boosts your social skills

Skills Learnt:
•Communication
•Teamwork
•Problem solving
•Planning and organising
•Self-management
•Transferable Skills for paid employment
•Getting along with and working well with other people
•Being reliable and dependable
•A willingness to learn new skills

Furniture Project

Furniture Project

Working with our furniture master craftsman in a bespoke workshop carrying out everything from making a bird table to renovating an old cupboard.

You will learn what tools are best used and when, the different compounds that are used to make and restore furniture and the many types of joints used in furniture making.

Skills Learnt:
•Communication, work opportunities, tools, compounds, wood working skills
•Work as a team and gain practical working skills
•Learn Carpentry and woodworking skills techniques and finishes
•Use a variety of workshop tools under the supervision of Ryan a professional furniture restorer
•Build confidence with purposeful activities

Enterprise Me

Enterprise ME

Enterprise me is about getting involved running and helping local businesses as well as your own enterprise scheme.

We work with local care homes, enterprise cafes, charities and local councils to name a few! We help with anything from cooking, deliveries promotion, advertising and fund raising. We also run our own snack-away initiative delivering snacks to local businesses.
You will manage purchasing, stocktaking, deliveries, finances and banking.

Skills Learnt:
•Communication, independence, community, money, interaction and mental wellbeing.

Outreach Support

We believe that by inspiring people to achieve their own goals, live the life they want, when they want to and within their chosen community, we can make a real difference to those we support.

Each service is tailored to your individual needs and focuses on helping you maintain life skills as well as fulfilling personal needs, aspirations, independence and emotional well being.

Whether you want to improve your communication skills, make more of your own day-to-day choices, or live independently, we can help.

Find out more about our support services by calling our Services Team on 01483 224183 South East or 01754 611153 Lincolnshire or email info@countycare.co.uk.

Home Based Care

Home based care is when you receive support in your own home. This can be single hours of care per day to longer daily visits each day or a few times a week.

The most important aspect of support in your own home is the fact that you are in your own home surroundings.

You will receive a personalised support plan tailored to your needs as well as how you live your everyday life. A personalised plan means more dedicated time to your life and health.

Loss or lack of independence can be a worrying factor when considering support options. One of the main advantages of home based care is keeping the independence that you already have. Our Support workers can even assist you on outings so that you gain more independence as a result of home based care.

A significant advantage of home based care is the opportunity for your family and friends to be a larger part of your care and support

Travel Training

County Care's individualised Travel Training Programme is designed to help you learn specific routes, this could be for work, going to the gym, social activity or meeting up with friends and family.

Travel Training gives people with special educational needs or disabilities the confidence and skills to travel independently on buses, trains and walking routes.

Being able to travel on public transport is a key life skill. It lets you make choices about how you live, go about your daily life and fulfil your potential.

During training we'll cover:
- confidence in using buses or trains
- personal safety
- how to use timetables and buy tickets
- road safety, including how to cope with traffic on major roads
- what to do when things go wrong (e.g. the bus is late)

How does it work?

Our expert team of travel trainers train adults on a one-to-one basis. This is usually on a home to school, college or day centre journey.

A trainer will go with you on the journey, giving encouragement and guidance until you develop the skills to travel on your own.

A trainer will create a training plan that meets your needs, taking in to account suitable routes.

We'll then visit you at home to chat about the plan and make sure you're happy with it. We'll ask for your consent before training starts.

Sessions usually take place once a week but this can vary depending on your requirements.

We'll give you regular feedback on your progress so you'll always know how things are going.

Social & Leisure Activities

Social & Leisure Activities
County Care provide a wide range of social and leisure activities and trips.

•Weekly and monthly social & leisure evenings
•Daytime and Evening trips throughout holiday periods

Find out more about our services by calling, our friendly team on 01483 224183 or 01754 611153 or email info@countycare.co.uk

Weekly Activities: Bowling, Rock Choir, Dance.

Monthly Activities: Coffee Mornings, Meet and Eat, Girls Night In, Boys Night In, Games Night.

6 Weekly Mayhem Nightclub Evening Woking.

Supported Holidays and Respite

County Care offer individuals or groups the opportunity to choose a holiday from our brochure or
to source one themselves. Holidays are a time to have fun, have an adventure and have some
freedom and time away from home. Our holidays allow you to experience exciting activities,
meet new friends and most importantly have the time of your life! Our aim is to give you an
enjoyable and memorable holiday.

We are fortunate enough to have use of a dedicated caravan in Cleethorpes for both holidays and
respite or you choose any holiday of your choice and we will help make it happen. If you wish to
find out more about supported holidays then get in touch for further information.

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PROJECT RADIO

Project Radio by County Care our new online **Broadcasting station**:

- Music Broadcasting
- Podcasting
- News and Information
- Media Management
- Station Management

If you are interested in the content, production, delivery and management of digital media and broadcasting then this vocational experience is for you.

For more information please contact us
at projectradio@countycare.co.uk or call 01483 224183