



SHROPSHIRE  
Parent  
And  
Carer  
Council



# 'A Sense of Purpose & a Home of my Own'

Supported Living Conference  
25<sup>th</sup> November 2021

**Information & Support, Influence & Change**



SHROPSHIRE  
Parent  
And  
Carer  
Council



## 'A Sense of Purpose & A Home of My Own'

### PACC Supported Living Conference

25th November 2021

Shrewsbury Town Football Club, Sovereign Suite

#### Agenda:

**9.30** Sign in and refreshments served

**10.00** Welcome / Introductions / Housekeeping

**10.15** What do we know – Review of findings in PACC Report 'A Sense of Purpose and a Home of my Own'

[Sarah Thomas - PACC](#)

**10.45** Comments / Reflections / Feedback

**11.00** Introducing Supported Living

[Michelle Davis & Viv Hawkey – Adult Social Care](#)

**11.15** Supported Living in Shropshire

[Michelle Davis & Viv Hawkey – Adult Social Care](#)

**11.30** Break

**11.45** Q&A session

**12.00** Preparing for Supported Living – Developing the Shropshire Next Steps Programme

[Sarah Thomas & Annie Taylor - PACC](#)

**12.15** Discussion groups

**12.35** Feedback

**12.50** Summary & Close



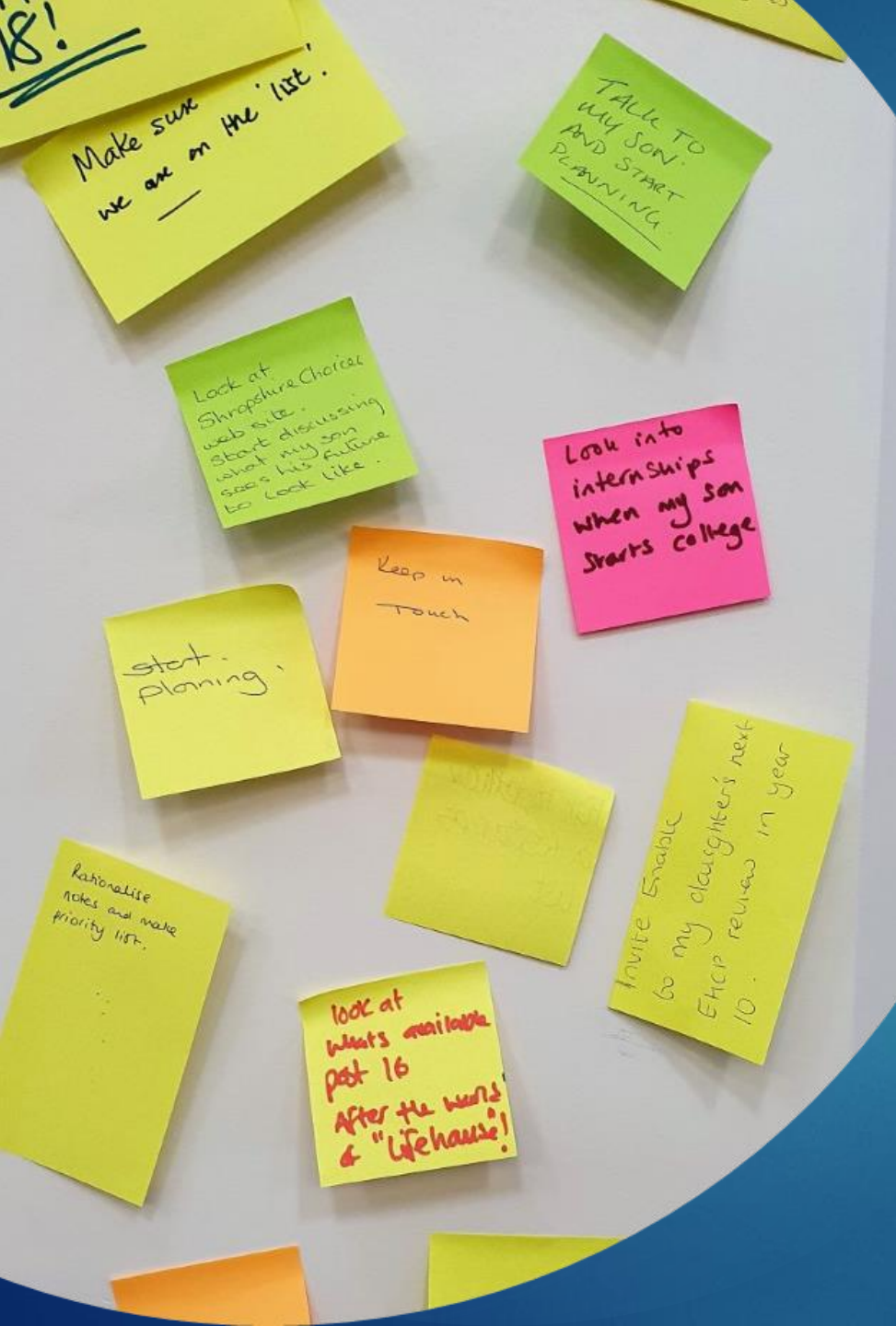
# Welcome

# Supported Living – what have Shropshire Parent Carers told us?

## What's important to parent carers when thinking about their son/daughter leaving home;

- ▶ Having the same opportunities as others
- ▶ The right move at the right time
- ▶ Knowing what is possible
- ▶ A continuation of life – not starting a completely new one
- ▶ Understanding the Cost and financial security
- ▶ Having an Active life
- ▶ Being Safe and having Good Quality Support





## Supported Living – what have Shropshire Parent Carers told us?

### Barriers & Challenges to leaving home;

- ▶ Getting the right information from the start
- ▶ What next – what is there to do?
- ▶ Time and energy – the emotional impact
- ▶ Being prepared and ongoing learning



## Supported Living – what have Shropshire Parent Carers told us?

### What does good look like;

- ▶ Being part of a Community
- ▶ One size doesn't fit all
- ▶ Being supported to make informed choices
- ▶ Living a busy and meaningful life



COMMENTS / REFLECTIONS / FEEDBACK



# Introducing Supported Living & What it Looks Like in Shropshire

MICHELLE DAVIES

VIV HAWKEY



BREAK





SUPPORTED LIVING IN SHROPSHIRE

Think fast  
18!

Make sure  
we are on the 'list'.  
—

# Preparing for Supported Living

DEVELOPING THE  
SHROPSHIRE NEXT STEPS  
PROGRAMME



Not “just a  
move to  
another 4  
walls”

CREATING A POSITIVE & ACTIVE LIFE

# Being Given the Opportunity to Build New Skills and Confidence

- ▶ Experience life outside of the family
- ▶ Building new relationships
- ▶ Creating own identity
- ▶ Sense of purpose and belonging
- ▶ Developing resilience

Creating a foundation for adulthood



# Activity Planning – Example 1

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday/ Sunday</b>
At Home	2-hour art class at The Gateway. 10:00-12:00	Windfall Project. Gardening at Radbrook. 10:00-12:00	Volunteering at Rural Charity Shop. 10:00-12:30	At Home	Church special needs service. Twice a month.
At Home	Inclusive sports at Sundorne. 1:00-3:00	Cake making/ jam making at Trinity Centre, Meole. 12:30-3:00	At Home	Swimming with Support worker. 1:00-3:30	Family time and activities

**Timetable One.** Notes: Goes to Derwen Short breaks. Exploring volunteering at Cavalier Centre.

# Activity Planning – Example 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
At Home	Day with support worker at her home.	Aspirations at Sutton Farm. 9:00-3:30	Aspirations at Sutton Farm. 9:00-3:30	Aspirations at Sutton Farm. 9:00-3:30	Family time and activities
At Home	-Cooking -Walking -Going out for coffee  Dance at Meta 4. 5:30-6:30	-Shopping -Park trips  Dance at Identity, Sundorne. 7:00-8:00	-singing and signing sessions -trips -downtime	-walks -gardening - independence sessions -crafts	Meal out with PA, bowling/ cinema/ shopping

**Timetable Two.** Exploring over 18 activities

# Activity Planning – Example 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
Arts at Arty Party, Frankwell. 10:00-12:00	Inclusive sports at Sundorne. 10:00-12:30	Greenacres Farm, Baschurch. Horticulture and shop. 10:00-3:00	Albrighton Trust moat and gardens, Wolverhampton. Gardening 10:00-3:00	At home	Buddies Bowling. 10:00-11:00, monthly.
At home	Inclusive sports at Sundorne. 1:00-3:00				Family time and activities

**Timetable Three.** Notes: Exploring Let's get out- film project.

# Activity Planning – Example 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
College 9:00- 4:00	Creative crafts at Arty Party, Frankwell. 10:00- 12:00	College 9:30-10:30  Volunteering at Palmers Café. 1:00- 3:00	Out with support worker. Shopping/ girl time.	Briarfields Care home, work placement. 10:00-1:00	Buddies bowling. 10:00- 11:00 Monthly.
	College 1:00- 4:15  Identity dance. 6:00-8:15	Shropshire Inclusive dance. 3:30- 5:00	Out with boyfriend. Cinema/ walk	Storymakers, Arty Party. 1:00-4:00	Family time and activities

**Timetable Four:** Notes: goes to Derwen short breaks.



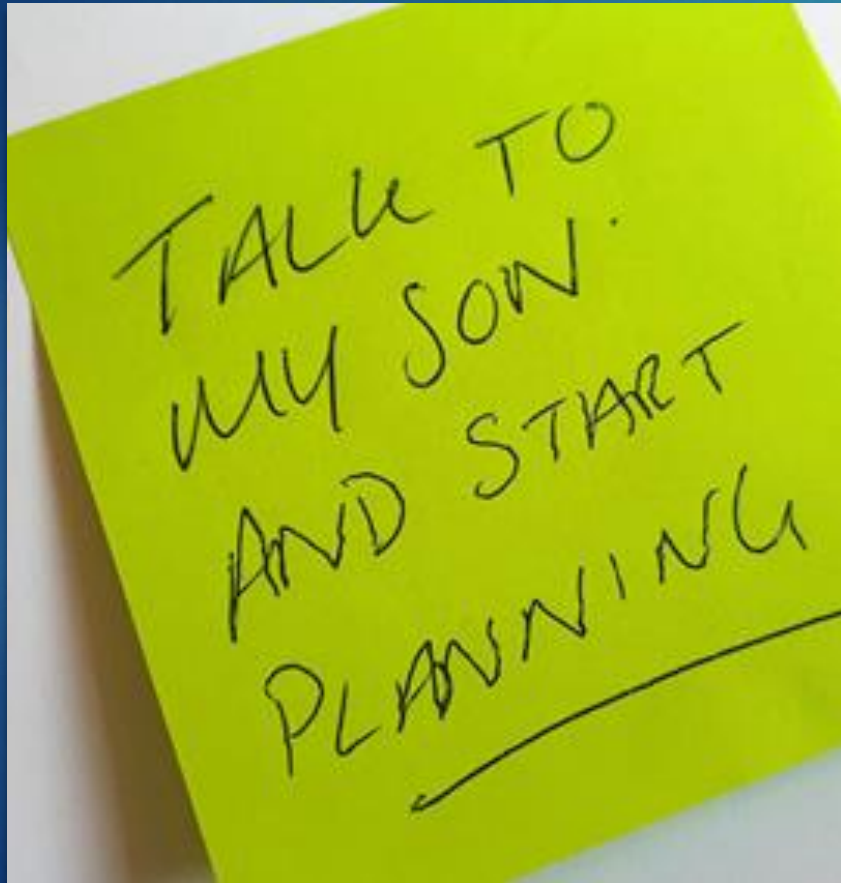
# Developing the Next Steps Programme

- ▶ Connecting families with each other and the system
- ▶ Making information accessible
- ▶ A chance to try things
- ▶ Doing some of the leg work

'To enable families and young people to plan and prepare for a move into supported living, both in terms of the practicalities and what they will do with their lives.'



# Discussion Questions



- ▶ How can we help you to support your young person's move into activity planning?
- ▶ How can we help you to support your young person through the move to Supported Living?
- ▶ How can we help you to support young people to develop and maintain their circle of friendships?
- ▶ What else would you like to see provided in the Next Steps Programme?



FEEDBACK



# Thank you

TIME FOR LUNCH 😊