



An Easy Read Guide

Blairgowrie Day Opportunities



Services are provided in Blairgowrie and surrounding areas

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The first thing to do



Can you please help me to read this leaflet about Blairgowrie Day Opportunities?

Ask your support worker or a friend to help you read this guide.

Who are our services for?



The age range of people using the service is between 16 and 65.

We provide support to adults with learning disabilities, complex needs and profound multiple disabilities.

We assist adults to realise their potential through various learning opportunities which are provided through educational, sporting, creative, social, leisure and employment.

Everyone that accesses Day Opportunities has a Personal Plan which identifies their personal goals and supports.



Aims



“We believe that people with a learning disability have the right to live as ordinary a life as possible through:

Using the same facilities and services used by all within the community.

Making informed choices.

Developing skills.

Ensure you feel safe, within the service, community and your home environment

Build and develop relationships

Access to Further education, employment opportunities

Through a person-centred approach, we aim to offer support that allows each individual to pursue their personal goals.”

How do people get a service from us?



A social worker will speak with you to find out if our service is suitable.



You can visit us to meet the staff and to see what we do.

Opening hours



Our services are open on Monday, Tuesday, Wednesday, Thursday and Friday.



The time we are **open** is 8.45 am.

The time we **close** is 4.00 pm.

Transport



If you need help to travel on your own, we can offer training for this.



If you cannot travel on your own, a social worker can help you with this.

Activities

Our staff will offer you choices of different things to do, for example:



To make new friends.



Have fun at the bowling.



Play sports like football.



Go swimming.



Exercise.



Drawing and painting.



Learn how to cook.



Learn Independent Living Skills like using a cooker.



Try a new hobby like photography.



Learn how to use a computer or iPad.



Learn gardening.

If you want to get a job or be a volunteer



We can ask the Employment Support Team to help you find a job.



You can try out different jobs you may like.



Learn how to be a volunteer.



Work experience like aluminium can recycling.



Staying safe



Our staff can help you to feel safe.



We can talk with you if you are worried or sad.



We can help you with problems.

We can contact your parents or a social worker if that is the right thing to do.

Your Link Worker



Your Link Worker will support you to settle in and make friends.



Your Link Worker will help you to make a personal plan for the things you like.

Things we ask you to do



You need to bring a packed lunch or money to buy lunch.



You will need to pay for your own admission to swimming, bowling and other places.

We do not go to places that cost a lot of money.



If you have a complaint, please tell us.



Please show respect to other people.



Tell your Link Worker if you are worried about something.

We will offer you a person-centred service



We will respect your human rights.

We will ask you for ideas about how we can make services better.



We will help you to enjoy your day with us.



We will help you if you are unwell.

We can help you if you need to see any of these staff



Nurse



Physiotherapist



Psychologist



Speech & Language
Therapist



Dentist



Dietician

If you would like to come to Blairgowrie Day Opportunities, please speak to your Social Worker or a friend or a family member.

You can contact us by:



Telephone **01250 871919**



Email
Blairdayopportunities@pkc.gov.uk



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