



WELCOME TO SUPPORTED LIVES BRADFORD



Supported Lives and Skills4Life Centre is based in Bradford providing community and supported living to adults with a range of needs including learning disabilities, autism, physical disabilities and mental health needs. We are registered with the Care Quality Commission (CQC) who regulate care services in England.

Supported Lives offers supported living, domiciliary, respite and person-centered social inclusion support.

Our linked Skills4Life Centre supports people to develop their skills through curriculum-based sessions and activities in house and in the community.

DOMICILIARY / SOCIAL INCLUSION SERVICES

Supported Lives offers individual, person-centred support packages tailored to the individual's needs. This support can be offered in either a supported living arrangement, homecare or through community support for social inclusion. Support packages can start from 10 hours each week to 24 hours support daily.

All Supported Lives staff are fully trained in line with national requirements and further training can be provided to meet the needs of individuals, as our staff have a wealth of experience in the care sector. Supported Lives has a shared vision focussed towards supporting people to achieve outcomes and goals.

SKILLS4LIFE CENTRE

Our Skills4Life Centre is based at the Supported Lives main offices offering a service for individuals to build and develop their skill range through curriculum-based sessions and activities in-house and out in the community.

Everyone in the Skills4Life Centre work with a personalised programme in line with their needs and aspirations. This includes a range of varied programmes and activities to engage and empower individuals to develop skills and learning.

- Support can be 1:1 or shared depending on the needs of the individual.
- Skills4life centre operates Mon-Fri between the hours of 9am-4pm.

All Skills4life centre staff are fully trained in line with national requirements, with a wealth of experience and a shared vision focussed on promoting independence, choice, individuality, and work towards achieving outcomes and goals.

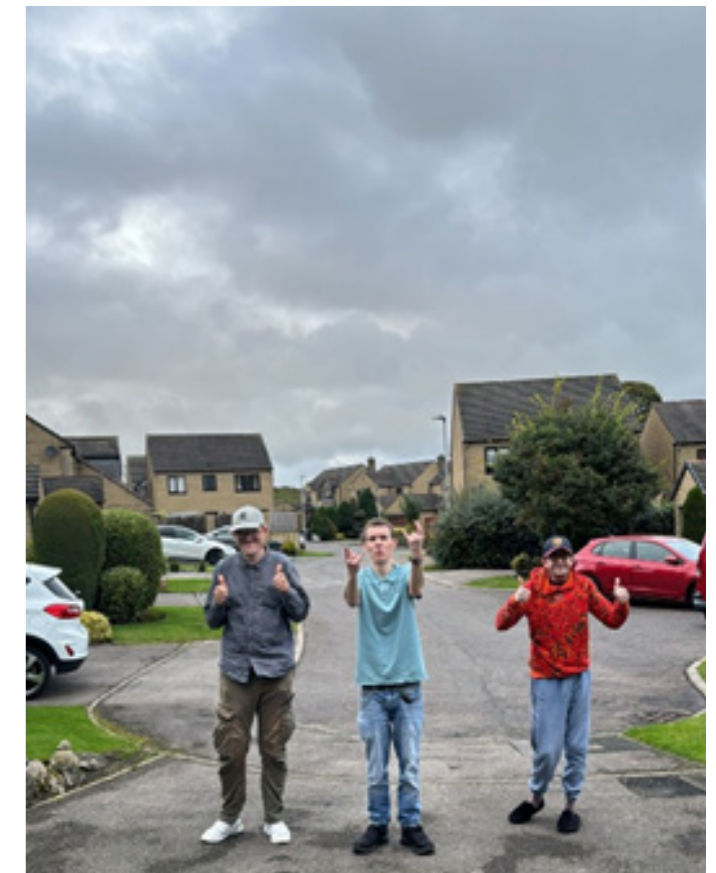
SUPPORTED LIVING

Supported Living is for people with learning disabilities, mental health, and neuro-diversity needs, who want to live as independently as possible. Independent living is living in your own home with support available up to 24 hours a day, 7 days a week.

We provide a range of support routes to suit various levels of needs. You will be encouraged to make your own choices about daily living. We can provide support to help you do lots of things like:

- managing your money
- cooking and shopping
- staying healthy
- getting out and about

We currently have a supported living service: in place for over 16 years. Three of our lovely lads live together in their own home independently with the support of our staff who are there to promote their independence, guide them, keep them safe and support them where needed.



WHAT IS INCLUDED IN A SUPPORT PACKAGE?

Supported Lives and Skills4Life Centre offer a person-centred service and will provide support to meet your needs. Our role includes:

- Supporting with daily living tasks around your home
- Supporting to manage and attend appointments
- Administering of medication
- Delivering personal care
- Money management and Managing correspondence
- Accessing the community
- Shopping, cooking and budgeting
- Health and wellbeing support
- Day trips / Weekend breaks / Holidays
- Respite care and support
- Developing friendships
- Liaising with professionals
- Healthy living

The staff team will collaborate with you and your support network to create a programme of activities and outcomes which you enjoy and what you want to achieve.

We will then design a plan to support you with this and monitor and review how you are progressing, identifying strengths and areas for additional support and development.

Here are some examples of what the individuals at our service are accessing:

- Swimming
- Dancing & Music
- Multi-sports
- Archery
- Gym
- Horse-riding
- Football
- Walks
- Meals Outs
- Trips and holidays

TESTIMONIALS

“Potens is a great organisation to work for. I have been very happy supporting clients. I look forward to promoting Allia’s (Managers) vision for the company to expand and grow, with opportunities for more clients.” (Chris - staff)

“I’ve worked here for a 1 year and have seen many changes throughout the year. I feel incredibly positive. I love the clients that we support - it’s great to see changes in their lives thanks to the staff who help make this happen. Staff promote the company’s vision in their day to day routines.” (Aqib - staff)

“I believe they (staff) do a wonderful job by taking young adults out to places and giving carers and parents respite. Keep up the wonderful work you all do.” (Family member)

“Wonderful service and a life saver with our daughter. They take her everywhere doing lots of activities. So caring and involved- a loyal friend. Thank you, keep up the amazing work. Definitely recommend.” (Family member)

“I am incredibly happy with the service I’ve received especially all the things my staff help me with like getting to my activities and all my gigs with my band. I like it that staff find new places for me to visit and take photos.” (Person we support)

“I look forward to my support days. The staff are great and support me with my needs and decisions and make sure I continue to enjoy my music with my band, I love doing gigs which Allan supports me to. Allan is also helping me write new lyrics.” (Person we support)

WHY POTENS?

We remain committed to '**Supporting your Choice**'

We have over 30 years' experience of delivering specialist community, residential, supported living, respite, educational and day opportunities services for children and adults with learning disabilities, autism, mental health and complex needs.

4 Reasons to Choose Potens

TRUST

Ensure that all communications are truthful, understandable to those it affects and maintains the relationship of reliability.

POSITIVE REGARD

Recognising and respecting the differences that every individual brings, both good and bad, and making the necessary adjustments to assist individuals to positively grow.

SHARED LEARNING

An undertaking to: the sharing of knowledge, skills, attitudes and understanding which would ensure that any activity that will be undertaken, will be done to the best of our collective abilities.

EQUALITY

Treating everyone differently in order to afford them the same opportunities. Through personalisation, empowering individuals to make choices and overcome obstacles.

What Happens Next?

It all starts with an informal chat with one of our managers. They will build an understanding of an individual's needs and preferences, making sure the service is right for them. To Learn more about independent living at Supported Lives and Skills4Life Centre make a referral or arrange a visit by contacting our manager:

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