ACHIEVE WITH US

THE TRINITY CENTRE
MARCHANT ROAD
HINCKLEY
LE10 0LQ















Achieve with Us is based in Leicestershire and provides Day Opportunities for adults with a learning disability, mental health needs and autism. We provide on site and community support for people to access activities and increase their skills and independence.

Day opportunities can give carers or family a break from their caring roles. We provide a safe, informal, and friendly environment for people, with opportunities to meet others, take part in a wide range of activities on site and in the community, increase life skills and have fun.

OUR FACILITIES AND ACTIVITIES

Achieve with Us have created a safe, friendly and stimulating environment where people will feel comfortable and at ease taking part in activities they enjoy in house or out in the community.

Our highly skilled workforce provide professional, experienced and caring support to enable people to build and live meaningful and independent lives.

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

Our facilities include quieter environments for people who want to take part in activities alone, as well as areas where they can join in with group activities.

We have close links with the Community Learning Disabilities Team, who we access advice and involvement where needed from community nurses, professionals that provide support in all areas associated with adults with learning disabilities and complex needs. We will seek support and advice where needed for all you support needs.

We are always open to new ideas and our team will work with people to source activities in line with your wishes and goals.

“My daughter enjoys her time at Achieve with Us, all the staff are supportive and understanding.”

Parent of a client

WHAT IS INCLUDED IN A SUPPORT PACKAGE?

The Achieve with Us team will work 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 access:

- Swimming
- Dancing & Music
- Choir
- Zumba
- Gym
- Drama Groups
- Trips and holidays
- Shopping & Budgeting
- Wii and computers
- Baking
- Cookery
- Gardening
- Arts and crafts
- Golf
- Life skills workshop
- Social interaction
- Multi-sports
- Archery
- Ice-skating
- Walking
- Football
- Libraries
- Museums
- Voluntary jobs





LUNCH & REFRESHMENTS

We provide bake and eat activities which promote independence. People are supported to plan their meals, visit the shops to buy ingredients, cook their meals and then sit together to enjoy their end result. If you enjoy lunch out we can build this into your activity planning. We cater for all dietary / religious needs and healthy options are also available.

“ We support people to be more independent. We have worked with one young man to enable him to walk to and from the service independently. We completed workshops around stranger danger, road safety and confidence building. We supported him on his walks until he felt confident to complete this independently. Now he walks to the centre and home independently. He said this makes him feel very happy. ”

Staff Member









WHY POTENS?

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

We have over 35 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

Our values are (STEP):

SHARED LEARNING

We will build and share our knowledge, skills, attitudes and understanding so that everything we do is to the best of our combined abilities.

TRUST

We will make sure we are reliable by communicating in a truthful and easy-to- understand way.

EQUALITY

We will treat people as individuals and give them the same opportunities. Through personalisation, we will empower people to make choices and overcome obstacles.

POSITIVE REGARD

We will recognise and respect that everyone is different. We will adapt our support so people can positively grow.

What Happens Next?

To find out more or make a referral contact:

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Potens
supporting YOUR choice
SINCE 1989