

Appendix 2 - Details of the day opportunities and transport services available locally

Existing services

Service	What it offers	When –days, what times	Where is it?	Is there capacity? – if yes, roughly how many spaces?	Is transport provided?	Costs
ADOLPHUS Inspired Activities	Flexible Opportunities to explore a variety of activities as outlined below: Electronic Music Production Classic and contemporary dance Dog walking Cookery Table tennis / Pool	Tuesday & Thursdays expanding on demand	Northwood	30	Yes (wheelchair accessible transport to be added)	£48.50 per day £30.50 per ½ day
ADOLPHUS Social Enterprise	Arts and Crafts	Tues and Thurs	Northwood/Eastcote	6 per session		Possibility to earn money
VOYAGE CARE Willesden Resource Centre	Day opportunities both building and community based. LD and PD	Mon- Fri am and pm sessions (or all day)	Willesden Lane, Willesden.	Yes	Yes at a cost of 0.45p per mile.	£35 per 3 hour session
VOYAGE CARE Isleworth Resource Centre	Day opportunities both building and community based. LD and PD	Mon- Sun am and pm sessions (or all day)	Brentford, Hounslow	Yes	Yes at a cost of 0.45p per mile.	£35 per 3 hour session
CERTITUDE Breakaway	Activity based respite for people living with an unpaid carer. Typically most people attending Breakaway have mild-moderate	Currently Breakaway sessions are held: Saturdays 9.30-1.30 and	Activity & Resource Centre, 24 Stockdove Way, Greenford, UB6 8TJ	Yes 10 -15 spaces	No	Carers Grant funded

	learning disabilities, people with higher needs can access with privately arranged support.	1.30-5.30 Sundays 1.30-5.30 (this may change as low take up)				
CERTITUDE Out & About	Varied activities in the local and wider community, including health promotion (keep fit) and life skills education (e.g. first aid). Out and About is aimed at people who live independently in Ealing to address social isolation.	Timetable of up to three activities, spread across the week and weekend, including regular evenings.	Community based. Service operates from the ARC	Yes Possibly up to 10-15 spaces	Out and About supports people to gain confidence in using public transport in a group setting. Out and About trips commence at a set meeting point (usually Ealing Broadway)	Carers Grant funded
CERTITUDE Supported Volunteering	This service is an off-shoot of the Breakaway service. The service supports people with learning disabilities to get involved in a variety of volunteering opportunities.	Volunteering days can vary, but currently one day per week (Thursdays, 10-3 approx)	Service operates from the ARC. Volunteering at a variety of locations (Thames 21, conservation in local parks, other charities)	5 spaces	No. For some events, transport is provided from the ARC to the venue.	
CERTITUDE	The service offers activity based respite	7 days a week offering day	Operates out of the Activity and	14 people	Yes some individuals	Individual budgets

My Time	for people to purchase their hours flexibly using individual budgets	and evening support but not overnight.	Resource Centre but is predominantly community based.		have support with travel.	
SUNRISE CARE Resource Centre	Day services See attached Brochure & timetable	Monday to Friday. 9 to 3pm	92 Preston Road Wembley HA9 8NL	20 to 25 Building Based and Outreach	YES	See attachment with costs
Abilities Development Community based activities	A wide variety of activities eg. Swimming, bowling, cinema, excursions to discovery centres	Varied and dependent on group needs Mon – Fri 9.30 – 3.30	Base – All Saints Hall, Elm Grove Road, Ealing Common, W5 3JL	Yes, up to 30	Yes	From £11 per hour
Abilities Development Centre based activities	A wide variety – cooking, art and crafts, physical activities eg. zumba, Wii Health and beauty course and relaxation,	Varied and dependent on group needs Mon – Fri 9.30 – 3.30	Base – All Saints Hall, Elm Grove Road, Ealing Common, W5 3JL	Yes, up to 30	Yes	From £11 per hour
Abilities Development Away short breaks	Short stays eg. weekend breaks in hotel accommodation, alongside chosen activities eg. theatre trip, or places of interest	Mainly weekends – Friday to Sunday / Monday	Varied hotels within area and out of area depending on chosen activity	Yes up to 30	Yes	From £150 per weekend
Abilities Development Saturday clubs	Leisure activities within community	10.30 – 3.30	Base - All Saints Hall, Elm Grove Road, Ealing Common, W5 3JL	Yes up to 30	Yes	From £11 per hour
Mencap RealMe activities	A wide choice of meaningful day activities.	Mon-Sat (some evenings included)	Enterprise Lodge and other venues in Ealing	Yes, for people who are in receipt of an individual budget, are able to purchase	NO, but travel buddy scheme available	Based on Ealing Mencap's charging system

				privately or have another source of funding. There is also a small amount of Health and social care money which can be used for people who do not fit the facts criteria		
Mencap RealMe training	Employment and life skills training including: Gardening, cleaning,, computer skills , retail, travel buddying, personal development and employment preparedness, bike maintenance, office skills, eEvents management	Mon – Fri (see timetable)	Various venues in Ealing	Yes, for people who are in receipt of an individual budget, are able to purchase privately or have another source of funding	No, however travel buddying can be purchased.	Based on Ealing Mencap’s charging system
Mencap On Your Bike	An accessible cycle hire social enterprise run by people with learning disabilities for customers who are unable to use a 2 wheel bike.	Bookings taken and volunteers required Mon - Sun	Enterprise Lodge and surrounding areas	Customers can purchase into the cycle hire scheme or can help to run the social enterprise as a volunteer.		£3 per session Volunteers will receive expenses
Mencap The Base	An events management social enterprise including a supported nightclub	Supported nightclub – last Friday of every month	Various venues throughout Ealing	Nightclub has capacity. Planning group currently has	No	The Base Nightclub - £5 without a wristband, £8 with

		Planning sessions running Mon - Fri		limited capacity to take on new volunteers.		
Mencap Friday Café	A café run in a church on Ealing Common staffed by people who have learning disabilities	Friday mornings	All Saints church, Ealing Common	The café is looking for new volunteers	No	Volunteers will receive expenses
Mencap Football Academy	Football training sessions led by a professional football coach	2dpw starting January. Days to be	Perivale Park playing fields	No capacity limit	No	£4 per session
Mencap Green & Clean	A cleaning and gardening social enterprise providing on-site work experience, paid employment and volunteering opportunities	Seasonal and depending on customer demand	Contracted cleaning sites throughout Ealing Private gardening sites throughout Ealing	Currently looking for gardeners, particularly those who have the potential to work independently.	No, however travel between sites is provided	Volunteers will receive expenses, equipment etc.
IMPACT ON Day Service	Day Service for adults with learning disabilities through Performing and Creative Arts	Mon – Fri 10.00-4.00 Service users attend from ½ day to 5 days per week dependent on need and availability	Currently based in Acton Moving to Perivale	When we move we will have an additional 2 spaces per day	We use DAR	£50.98 per day (Mainstream) £71.40 per day (1-3 support) £55 per ½ day (1-1 support) £25.49 per ½ day with own support
IMPACT ON Vocational Training	Training for supported work linked to running a Community Arts Centre	Friday 10-1 and 1-4 2 additional days to be	As above	6 spaces on two additional days	DAR if necessary	£25.49 per session (½ day)

	Front of house and Behind the Scenes	confirmed				
IMPACT ON Breaking Barriers	Breaking Barriers Project Design, creation and delivery of Performance based workshops	Day to be confirmed 10-1 & 1-4	As above	8 spaces	DAR if necessary	£25.98 per session
IMPACT Theatre Company	Membership of IMPACT Theatre Company is included in all the above services giving opportunities for performing as well as activities such as Wednesday Workshop where performing and creative arts skills can be further developed.			As above		
The Community Shop	Retail work experience	Monday to Saturday 10-6: 2-4 hour shifts	Hanwell	Three sessions per day	No	£39 per day
The Community Shop West Ealing (opens March 2013)	Retail work experience	Monday to Saturday 10-6: 2-4 hour shifts	West Ealing (High Street)	Three sessions per day	No	£39 per day
The Distribution Centre	Distribution, sorting, warehouse work experience, opening March/April 2013	Monday-Friday 9-5: 4 hour shifts	Greenford	Ten sessions per day	No	£39 per day
Foresight woodcraft production	Carpentry/woodcraft work experience, opening March/April 2013	Monday-Friday 9.30-4.30: 4-6 hour shifts	Greenford	Five sessions per day	No	£39 per day
Horsenden Hill	Gardening/grounds	Monday-	Horsenden Hill,	Five sessions per	No	£39 per day

Horticulture	maintenance work experience	Friday, 9-5, 4-6 hour sessions	Perivale	day		
Picture Framing	Picture framing work experience	Monday-Friday 10-5 2-6 hour shifts	West Ealing (High Street)	One session per day	No	£39 per day
Horsenden Hill Cafe	Catering work experience, opening April 2013 subject to planning permission and food license	Wednesday-Sunday 9.30-6 (summer) 10-3 (winter)	Horsenden Hill, Perivale	2-3 sessions per day	No	£39 per day
Armstrong Way Café	Catering work experience opening April 2013)	Monday-Friday 8-4	1 Armstrong Way, Southall	2-3 sessions per day	No	£39 per day
The Log Cabin	Catering to children's play facility	Monday-Friday 10-3	The Log Cabin, Northfield Avenue, Ealing	1 session per day	No	£39 per day
Solutions Community Outreach	Centre and community based activities operating from a base in Acton. Activities include photography, zumba, art, cycling, cookery, rambling,	Monday – Saturday Times are flexible	Acton		Can be arranged	TBC
London Community Transport	Accessible transport service with passenger assistants. Suitable for wheelchair users	Mon – Sun 7am – 10 pm	N/A	Can invest in new fleet to expand service	YES	

POTENTIAL NEW DEVELOPMENTS

Providers have expressed an interest in developing the following opportunities locally

New ideas	What it could offer	When – how many days, what time	Where would it take place?	How many people would it be for
Adolphus Canoeing	Experience of developing water skills	Depending on demand	Rickmansworth	5
Adolphus Horse care/Riding	All round experience of working with horses	Depending on demand	Harefield	5
Adolphus Employment Skills	Job searching, Interview skills, CV writing. Maths and English		Eastcote	6
Voyage Ealing outreach service – community based	Community based activities and support to adults with LD and complex needs within the borough. Support can also be provided within the family home or current provider. Autism specific team to provide this specialist support along side the general LD outreach team. We would also be happy to work with Ealing, a group of service users and families to design a support package around them so people get what they need not what is available.	24/7 (small amount of hours would need to be looked at on an individual basis etc)	Community and family home	As many as required as we could employ or transfer existing staff with the correct skills mix to support certain individuals.
Voyage Willesden Resource Centre	More flexibility on session times, days and community activities. We would also be happy to work with Ealing, a group of service users and families to design day opportunities around likes/dislikes and demand so people get what they really like and want to do.	It could offer evening and weekend sessions as well as bank holidays.	In the resource centre and or in the community.	15 - 20
Voyage	More flexibility on session times,	It could offer	In the resource centre	15 - 20

Isleworth Resource Centre	days and community activities. We would also be happy to work with Ealing, a group of service users and families to design day opportunities around likes/dislikes and demand so people get what they really like and want to do.	evening and weekend sessions as well as bank holidays.	and or in the community	
Voyage Supported Volunteering could be expanded as this is a successful service and previously had funding to provide several volunteering opportunities a week.	Opportunity for people to learn new skills, develop independence and self esteem through meaningful volunteering work. Integration into local community.	During the week. Daytime typically.	New and existing community based projects	10 people approximately
Expansion of Out and About	The Out and About service could be expanded to support more people on different days, or potentially adapted to cater for people with higher needs	As required	New and existing events in the local and wider community	30 people approximately
'Come dine with me' Open session	The ARC already does an 'Open session'. Idea would be to use this model for a cookery session on a 'come dine with me' feel. Sessions would promote skills and social inclusion for people to meet up.	Two days a week	Activity and Resource Centre	10 people approximately
Employment sessions	Offer opportunities on employment opportunities and training.	Two sessions each week	Activity and Resource Centre	15 people approximately
Time banking and supported volunteering				
Sunrise Care Saturday Club	A means of people socialising, and choosing recreational opportunities	4 hour – varies on need	92 Preston Road Wembley HA9 8NL	30

Sunrise Care Flexible Packages Individually tailored to the needs of the person	Film club Photography Pool/games/Computer I.T Skills External opportunities CV writing How to fill in application forms Daily living skills – how to look after your home	Day or Evening	92 Preston Road Wembley HA9 8NL	30
Abilities Development Business Enterprise	Small groups working together in a work environment to produce and sell products	Varied days dependent on group Mon – Fri 9.30 -30	TBC	Small group of up to 8 per group
Abilities Development Social Club	Discos, games night, fashion shows etc	Friday / Saturday night 6.30 – 8.30	TBC	Up to 20 per night
Abilities Development Overnight camps	Pitched tent and camping activities indoors	Weekends Friday - Sunday	School buildings	Yes up to 10 per session
United Response Outreach and drop in service	The service in Richmond could be replicated	Mon - Fri	Base in Ealing to be sourced	TBC
IMPACT ON Mind and Body	A variety of services and activities to develop a positive attitude to healthy living. These will include relaxation techniques, massage, reflexology and exercise, lead by qualified tutors and learning disabled assistants	These activities could take place during the day, evening or weekend according to need/interest	Perivale	
IMPACT ON Community Arts	As part of our Social Enterprise we hope to hire our performing, creative and IT facilities to other Community Organisations at a	We can support groups who may have ideas for setting up their	Perivale	

	reasonable charge. This will also give training and later supported employment to some of our service users	own service but do not have a suitable venue		
IMPACT ON Employment	Supported work experience and p/t employment for people who have completed or are undertaking a vocational training programme	Individually designed	Perivale	
Craft workshop at Horsenden Hill	Craft sessions for a group of five people per day – jewellery making, card making, gift production etc.	5 days per week, between 9 and 5.	Horsenden Hill, Perivale	
Digitisation	Archive digitisation work experience	To be confirmed following current pilot project	To be confirmed	
Yarrow The Gate	A range of centre and community based activities already operating from a resource centre based in Shepherds Bush. This provision could be extended to customers from Ealing	5 days per week	The Gate, shepherds Bush	
Yarrow MySpace	Digital inclusion project offering access to digital technology – music, arts, games etc on a sessional basis This project can be used by Ealing customers	5 days per week	216 Goldhawk Rd Ravenscourt Park	
Yarrow Up2Us	Yarrow facilitate a user led group that organise a range of community based activities, supporting people to make friends	TBC	TBC	

	and have fun. Yarrow have expressed an interest in replicating this type of service in Ealing based on what people's support plans say			
Music discovery	Developing social skills and playing with a range of instruments	2 days per week	Solutions Social Outreach, Acton	
Drama	Improvisation, character development and role play	1 day per week	Solutions Social Outreach, Acton	
Fishing with Roger	Learning about the art of fishing, visiting different venues and learning about fishing, something different for those that like the outdoors	1 day per week	TBC	