

Support during the day outside your home

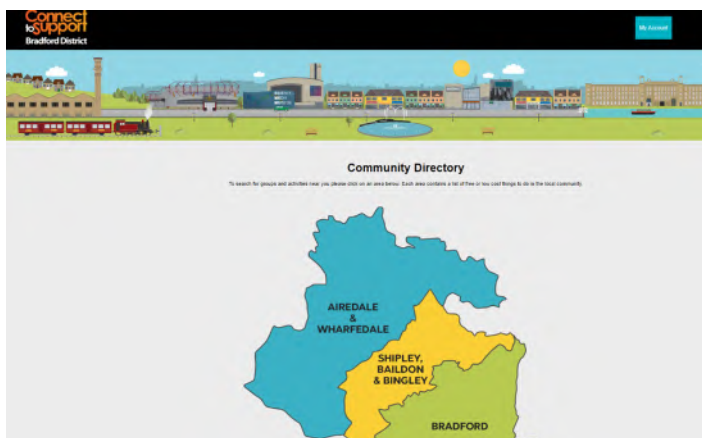


Local community activities

There are lots of community centres and groups that run activities that you might want to get involved in.



They can help you get out and about, do interesting things and meet new people. They offer a wide range of things that provide for all hobbies and interests.



You can look at the [Community Directories](#) to find these and get in touch with them directly.



Some of these services ask for a small contribution to attend. If they offer meals and transport they will charge you for that.

For people who need more support



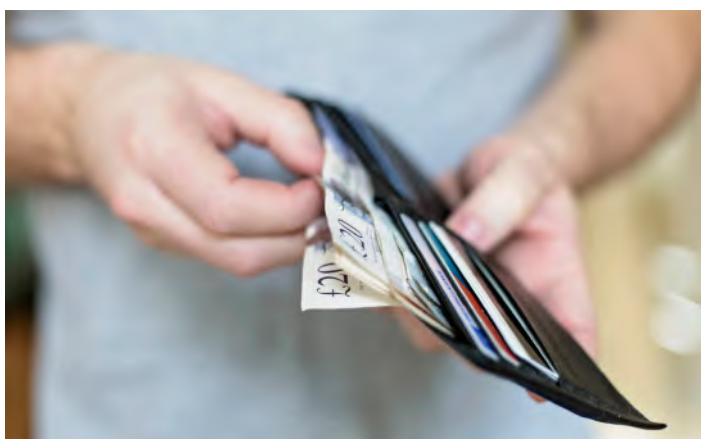
If you feel you need more help than what they provide then you would need to have a chat with a social care worker.



You will need to pay towards going to a service. This will depend on how often you go and your personal circumstances.



If you want to arrange services and support for yourself, then you might be interested in Self Directed Support. This gives you a Direct Payment which you can use to arrange your own support.



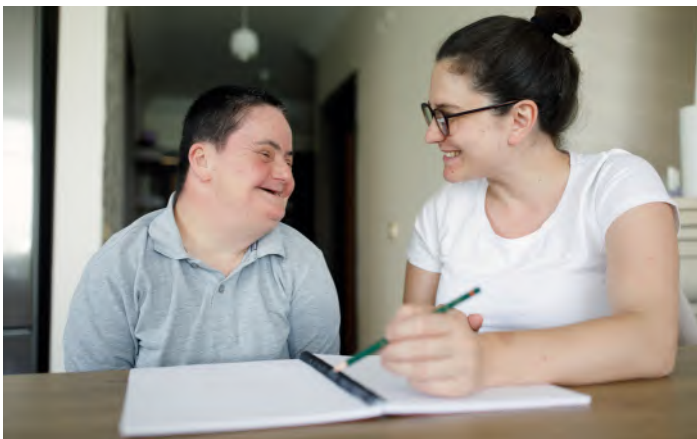
You can look after the money yourself or ask the Council to hold the money and help you find the support you need. If you haven't got access to transport that will be discussed when you meet with the social care worker.



There are lots of options some of which support different groups of people.

If you have a learning disability you will be able to get support with:

- getting a job
- becoming a volunteer
- learning how to do new things
- going out and about on an evening with a friend or friends.



If you face mental health challenges, we have a service that provides 1-1 support.

They can help you with difficulties you may have.

You can also do things like:

- sports and leisure
- education
- training
- voluntary work
- pathways to paid work or help with getting a job.





We also have the following for all groups of people:

Time out – this is where someone comes to your home for a few hours to provide you with company and support so your main carer has a bit of a break.



Compass – this is where you are matched with someone and go to spend the day with them at their home or doing activities you enjoy.



Daycentres - some of which are run by the Local Authority and others by Charities or Voluntary Sector Organisations. They provide a range of activities, an opportunity to socialise and meet people. They might focus on particular things like drama, art, gardening or sport.



To find out whether you are eligible for these you can [contact the Access team](#).