



# WANDSWORTH LIFE SKILLS AND WELLBEING OPPORTUNITIES FRAMEWORK

Provider Prospectus





# Contents

Introduction to the Life Skills and Wellbeing Framework	3
Choosing your Support	4
AutonoMe	5
Baked Bean Theatre Company	6
Choice Support	7
Generate	8
Share Community	9
Vibrance	10
Pricing Information	11
Further Information	12

# Introduction to the Life Skills and Wellbeing Framework

## **The Life Skills and Wellbeing Opportunities Framework sets out the local offer of Day Opportunities for people with a learning disability and/or autism in Wandsworth.**

The Framework provides community support which is designed to enable people to achieve their potential and be as independent as possible. The varied offer aims to ensure all adults with a Learning Disability are active citizens, lead fulfilling lives by maximising their potential and feel safe accessing their local communities. The Framework is designed to:

- Improve the quality of life of people with a learning disability through access to recreational, leisure, training and other opportunities that promote wellbeing
- Promote independence and entry into employment of people with a learning disability through learning and developing essential life skills
- Promote mental wellbeing of individuals
- Reduce the risk of social isolation for people with a Learning Disability
- Increase the choice and control that people have over their own life and decisions
- Ensure all people with a Learning Disability can make a positive contribution to their local community
- Provide support to unpaid carers

A social worker will complete an assessment which will identify eligible needs for an individual. The assessment will determine which support services may be best able to help people to achieve their goals.

There are five different types of support that include:

- Virtual Support
- Community Support
- Home Support
- Independent Travel Training
- Specialist Place Based Support

People may receive support from one provider, or from a mix of providers across different types of support. The framework will provide a greater choice of support options and services, and the times that services are available will be more flexible including evenings and weekends.

Once a provider has been chosen, individuals can make a decision as to whether the Council organise the support, or if they wish to organise this themselves with a Direct Payment. People should discuss their preference with their Social Worker who can provide further information about Direct Payments.

# Choosing your Support

The support that a person is offered will depend on their eligible support outcomes and needs. Following an assessment, the person and their Circle of Support will be informed which lots they are eligible for, and a choice of providers under those lots will be offered based on preferences and a fit of needs. The following table gives an indication of how well lots may be able to meet Care Act outcomes, but please note that this is not an exhaustive table, and individual support needs will be taken into consideration.

Care Act eligible outcomes	Virtual Support	Community Support	Support at Home	Travel Training	Specialist Place Based Support
1 Managing and Maintaining Nutrition	●	●	●	●	●
2 Managing Personal Hygiene	●	●	●	●	●
3 Managing Toilet Needs	●	●	●	●	●
4 Being appropriately clothed	●	●	●	●	●
5 Being able to make use of home safely	●	●	●	●	●
6 Maintaining habitable home environment	●	●	●	●	●
7 Developing and Maintaining family or other personal relationships	●	●	●	●	●
8 Accessing to work, education, training, education or volunteering	●	●	●	●	●
9 Making use of necessary facilities or services in the local community, including public transport and recreational facilities or services	●	●	●	●	●
10 Carrying out any caring responsibilities the adult has for a child	●	●	●	●	●

● Red means the support is unlikely to provide support which meets this need.

● Amber means the support is able to provide some support which meets this need, but it is not the primary aim of the services being delivered.

● Green means the support will provide support which is able to meet this need.

# AutonoMe



AutonoMe uses a blend of mobile technology and human support to enable people with learning disabilities and autism to develop skills for independent living and employment. Alongside their library of instructional videos, accessed through the AutonoMe app, they provide a Development Coordinator, an experienced support professional, to help the learner to progress towards their outcomes and personalise their support to exactly what's right for them.

An AutonoMe Development Co-ordinator will guide every learner (remotely and/or face to face) through an initial assessment to identify with them (and their supporters) the skills they want to acquire. On-demand data is used to celebrate achievements, evaluate impact and providing greater insight into a learner's changing abilities and support needs.

AutonoMe can provide support to enable people to gain skills for Independent Living with easy step by step guidance in:

- Personal Hygiene
- Social Skills
- Cooking
- Cleaning
- Home Safety
- Creating daily routines

AutonoMe also supports people with learning disabilities and autism who need support to find a job and thrive in the workplace. They address barriers to employment and specific skills needed in work through:

- Skills and knowledge for job seeking
- Social skills such as understanding body language and working in a team
- Bespoke videos specific to someone's job role; for example, creating a video for an employee working in retail for the exact till they use every day

### AutonoMe can provide:

Virtual Support	Community Support	Home Support	Independent Travel Training	Specialist Place-Based Support
Yes	No	Yes	No	No

Contact Details:

Website: <https://autono.me.uk>

Email: [info@autono.me.uk](mailto:info@autono.me.uk)

Phone: **0117 205 0654**



# Baked Bean Theatre Company

The Baked Bean Charity offers education and support in a wide variety of styles, recognising and celebrating the individual. They encourage growth, promote different abilities and challenge societies outdated beliefs about people who have Learning Disabilities. Baked Beans support people to be the best version of themselves that they want to be.

They currently provide 20 different projects to over 200 people per week. Their sessions include:

- Theatre - writing and performing original pieces to raise awareness of issues
- Chilli Beans - performance based musical theatre group
- Electric Beans - story telling through interesting and unconventional forms of theatre
- BakedBean Players - a diverse collective that collaborate on comedy and learning how to make others laugh
- Screen Beans - film and multimedia production
- Beans in Education - presenting bespoke performances around the country about Learning Disability topics & issues
- Baked Bean Dance - high energy dance classes and rehearsals
- Energy Beans - high energy fitness and performance
- Youth Theatre - drama, dance and singing for young people aged 12-19
- And many more...

Baked Bean can support outcomes in a number of areas, including; personal development, physical fitness, communication skills, emotional intelligence, social responsibility, problem solving, social and spatial awareness, ready for work and peer support.

### Baked Bean can provide:

Virtual Support	Community Support	Home Support	Independent Travel Training	Specialist Place-Based Support
Yes	Yes	Yes	Yes	Yes

Contact Details:

Website: [www.bakedbeancompany.com](http://www.bakedbeancompany.com)

Email: [info@bakedbeancompany.com](mailto:info@bakedbeancompany.com)

Phone: **020 8944 0024**

# Choice Support



Choice Support are a charitable Society formed in 1984, who support autistic people, people with learning disabilities and/or mental health needs. Choice’s approach to supporting people is one of inclusivity, with flexible support to ensure they can meet the needs of the people accessing the service. Choice work collaboratively with the people they support, ensuring individuals are integral to implementing, co-producing and delivering services which promote independence and skills development.

Choice offer support to individuals through virtual channels and through sessions in the local community. They run a number of programmes such as Fitness 4 Life which promotes the importance of exercise and healthy lifestyles and Stepping Stone which is designed to encourage the development of daily living skills. Choice also offer:

- Trips to local entertainment venues (bowling, cinema etc.)
- Drama groups
- Place 2 Be Social Club
- Nightclub Nights
- Community Wellbeing Skills
- Virtual cooking classes
- Finance support

Choice work with individuals to ensure that people have life skills around maintaining and developing relationships with family members and their circle of support and have access to work, education, training, education or volunteering opportunities. Choice also hope to enable people through:

- Increased confidence in safe use of technology and increased digital skills
- Improved connection to friends and family through digital channels
- Improved relationships, which may include support to use dating apps, or support around making and maintaining healthy relationships
- Improved wellbeing and self-esteem
- Emotional support and advice

### Choice Support can provide:

Virtual Support	Community Support	Home Support	Independent Travel Training	Specialist Place-Based Support
Yes	Yes	No	Yes	No

Contact Details:

Website: <https://www.choicesupport.org.uk>

Email: [enquiries@choicesupport.org.uk](mailto:enquiries@choicesupport.org.uk)

Phone: **020 3435 5816**



# Generate

Generate are a registered charity that promote welfare, education and training for people with a Learning Disability. Generate work with people to join in with community and social activities that improve support networks, well-being and quality of life. Generate’s activities help to reduce social exclusion and challenge the segregation that people with a learning disability often experience.

Generate offer one to one support within the community across the week including evenings, weekends and public holidays and can support with life or admin tasks such as contacting people or places, booking appointments, attending appointments, filling in forms for other support or finances, weekly food shops. Generate can also support with activities such as going to the gym, shopping, and travel. Additionally, this kind of support can also be used for activities that enrich people’s lives such as going on a day trip, going to an event, going on a night out, going to attending a party or looking for a job.

Generate also run regular and weekly group activities that take place in Summerstown or local specialist venues such as rehearsal studios, which are taught by committed and talented tutors. They have had art exhibitions at professional galleries, produced their own music and an easy read cooking book.

The Group activities also offer an opportunity to meet new people who share a similar interest and the groups support social interaction for members. Example sessions include:

- Cooking
- Hands on Art
- Music
- Football
- Dance
- Multi Sport
- Drama
- Self Massage and Relaxation
- Drumming
- Yoga

**Generate can provide:**

Virtual Support	Community Support	Home Support	Independent Travel Training	Specialist Place-Based Support
Yes	Yes	Yes	No	No

Contact Details:

Website: <https://generate-uk.org>  
 Email: [enquiries@generate-uk.org](mailto:enquiries@generate-uk.org)  
 Phone: **020 8879 6333**





# Share Community

Share is a charity that supports adults with learning disabilities, autism and mental health needs to live happier, healthier and more independent lives. They provide accredited training in catering, horticulture, digital skills and English and Maths. They also provide a variety of programmes and activities to promote mental and physical health and wellbeing, independence, creative expression and supporting their students to make choices and have their voices heard.

They work from four sites: two training centres in Clapham Junction and Brixton; the Share Garden in Tooting; and the Black Prince Trust Community Hub in Vauxhall. They also provide community-based programmes and social opportunities at evenings and weekends. Any student can attend any of their sites.

Courses and programmes include:

- Art
- Befriending
- Catering
- Digital Finance
- English and Maths
- Go Anywhere, Do Anything (social opportunities)
- Health and Wellbeing
- Home Cooking Skills

- Horticulture
- Independent Living Skills
- Music
- Out and About
- Physical Activity
- Steps into Employment

Progress is measured using the Outcomes Star which looks at learning and achievements across nine core areas. These are: Practical skills, Communication and social skills, Learning skills, Physical health, Living skills, Friends and relationships, Wellbeing, Social responsibility and Work readiness.

### Share Community can provide:

Virtual Support	Community Support	Home Support	Independent Travel Training	Specialist Place-Based Support
No	Yes	No	No	Yes

Contact Details:

Website: [www.sharecommunity.org.uk](http://www.sharecommunity.org.uk)

Email: [info@sharecommunity.org.uk](mailto:info@sharecommunity.org.uk)

Phone: 020 7924 2949

# Vibrance



Vibrance is a registered charity formed as a collaboration between HAIL and Vibrance Voluntary Organisation. HAIL have been working in Wandsworth for over 15 years providing a Travel-Mate/travel-training service and community opportunities. They currently employ 15 travelmates who all are supported workers and have learning disabilities and/or Autism who have learnt skills which have supported them into further employment.

Vibrance can offer:

- Individualised travel-training
- Group Travel Training
- Travel support with Travel-mates- peer support
- Travel to day services, education, work and leisure
- Community Support service - support to access a range of leisure activities including football, cycling, cultural activities and shared experiences
- Outreach support to access health appointments, daily living activities and financial support etc.

Vibrance travel and community support services operate Monday to Sunday 6am-midnight.

As well as supporting people to travel independently and safely on public transport Vibrance also support people with cycling and walking independently.

Vibrance are a community based organisation, with meeting space at the Lightbulb and also use of community spaces such as local libraries. Vibrance believe that everyone has the right to travel safely and as independently as possible and hope to support people to develop:

- Self esteem
- Opportunities for learning and employment
- Confidence
- Personal safety

### Vibrance can provide:

Virtual Support	Community Support	Home Support	Independent Travel Training	Specialist Place-Based Support
No	Yes	No	Yes	No

Contact Details:

Website: <https://www.vibrance.org.uk/>

Email: [info@vibrance.org.uk](mailto:info@vibrance.org.uk)

Phone: **020 8477 1800**

# Pricing Information

	Provider	Rate	Number of Hours
<b>Lot 1 Virtual Support</b>	AutonoMe	£2,000.00	200**
	Baked Bean Charity	£30.00	2
	Generate Opportunities	£29.00	1
	Choice Support	£22.57	1
<b>Lot 2 Community Support</b>	Share Community	£78.00	6
	Baked Bean Charity	£87.50	5
	Generate Opportunities	£100.00	6
	Choice Support	£23.72	3
	Vibrance	£19.72	1
<b>Lot 3 Home Support</b>	AutonoMe	£1,590.00	97**
	Baked Bean Charity	£50.00	2
	Generate Opportunities	£29.00	1
<b>Lot 4 Specialist Place Based Support</b>	Share Community	£78.00	6
	Baked Bean Charity	£104.00	3
<b>Lot 5 Independent Travel Training</b>	Baked Bean Charity	£50.00	2
	Choice Support	£23.72	1
	Vibrance	£860.50	40**



Prices correct until 1 October 2024

Hours displayed represent session length, with the exception of \*\* where hours may be delivered over an unlimited period.

# FURTHER INFORMATION

Further information can be found on the Wandsworth Council website by searching 'Life Skills and Wellbeing Opportunities Framework' or contacting your Social Worker. Information in the prospectus was correct at the time of printing. For the most recent version with live pricing information, please visit the link below.



**Life Skills and Wellbeing Opportunities Framework - Wandsworth Borough Council**

For more information about organising your own support and Direct Payments, search 'Direct Payments' on the council website, or visit



**Personal budgets and direct payments - Wandsworth Borough Council**

