

# Information pack

Programmes and activities  
for adults with a learning  
disability, autistic people  
and people with mental  
health needs

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



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## Our courses

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To be healthy and happy

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### Independent living skills

To live more independently

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# Who we are

Share is a registered charity empowering adults with a learning disability, autistic people, and people with mental health and other support needs to live happier, healthier, and more independent lives.

We offer structured courses, programmes and activities that focus on:



Improving physical and mental health and wellbeing



Developing independent living skills



Ensuring our students can participate in their communities



Supporting our students into voluntary and paid work



## Our approach

We believe in co-production: involving our students in the design and production of our services, so that every programme reflects their needs, interests, and goals.

Our approach is built on:

- **Empowerment** – encouraging independence and giving students choice and control over their lives.
- **Health and wellbeing first** – embedding physical and mental health awareness into everything we do.
- **Person-centred learning** – tailoring learning so that every individual can thrive at their own pace.

# What makes us different?

## Dedicated wellbeing support

Our specialist wellbeing team works alongside teaching staff to offer pastoral care, emotional support, and guidance throughout each person's time with us.



## Measuring and celebrating progress

We use the *Outcomes Star*, an evidence-based tool that actively involves students in tracking their own development. We also use a system of 'I can' statements to break down goals into small, achievable steps, agreed between tutors and students, making it easier to measure progress and adapt support when needed.



## Social inclusion opportunities

We run extra activities outside our usual day service hours so students can relax, socialise, and have fun. Our social inclusion project arranges group social events and outings, while our befriending service offers one-to-one connection, helping people build friendships, feel less isolated, and become more included in their communities.



“ It gives [him] purpose every week, doing something he enjoys. He gets to socialise with peers. ”

Parent

“ I love to learn new skills. Share is a lovely place to do different types of courses. ”

Student

“ I value the support of the staff, their professionalism and their kind and caring attitude. ”

Parent

# Locations

People from any London borough can attend courses at any sites.



## Share Clapham Junction

Share's headquarters, 64 Altenburg Gardens, SW11 1JL

- Spacious teaching rooms with internet-enabled audio-visual equipment
- 4D Interactive Learning Suite
- Professional grade kitchen



## Share Tooting

The Share Garden, Building 32, Lapidge Drive, SW17 0YF

- Horticultural training site and home to the Share Garden Centre, a social enterprise selling plants where students gain work experience
- Indoor teaching spaces
- Range of programmes available in addition to gardening

## Share Brixton

We are 336, 336 Brixton Road, SW9 7AA

- London's largest disability hub
- Bespoke home cooking skills teaching kitchen
- Open accessible teaching spaces



## Share Vauxhall

The Black Prince Community Hub, Beaufoy Walk, SE11 6AA

- Community café and food project
- Opportunity to develop hospitality and catering skills
- Extensive sports facilities



## Autism accreditation

Share is accredited by the National Autistic Society (NAS), which runs the UK's only autism-specific quality assurance programme to evaluate organisations providing services for autistic people.



## Autism-friendly environment

- Accessible environment that reduces sensory triggers (e.g. lighting, sound, colours)
- Clear signs and easy-to-understand language
- Structure to our courses and day-to-day activities to provide clear routines
- Relaxation spaces



## The matrix Standard accreditation

Share has held the matrix Standard since 2008, a unique quality standard for organisations to assess and measure their advice and support services, which ultimately supports individuals in their choice of learning, work, and life goals.



# Art

## Portfolio based

Students receive a portfolio of work and a certificate



## Where

Share Clapham Junction

Share Brixton

Share Tooting

## Course details

The art programme at Share provides an effective and safe way for our students to creatively express their emotions and gain skills to support their own art practices. We continually find new ways to inspire creative communication through various mediums. Our art therapies are motivational, supporting students to feel more confident in the own creative passions.

Our creative programme covers a range themes:

### Awareness of art history and practices

Students study famous artists and their artworks in some detail. They experiment with paints, pastels, pens and other materials to encourage self-expression and develop a style of their own. We use digital painting on iPads as a fun and interactive way for mark-making and design.

### Creative textiles

Students learn hand sewing, embroidery, natural fabric dyeing, hand painting on textiles, and creating unique textile designs. Students can upcycle garments and create bespoke textile items.

### Collaborative projects

Over the last three years we have collaborated on various inspiring projects with other art organisations, including disability arts organisations. We've worked on fashion projects, creative dance projects, and public art exhibitions. These collaborations usually have a final end goal which leads to a show or performance to celebrate students' achievements.

## Our approach

We like to encourage freedom of expression by supporting students to try an extensive range of art mediums to find those that interest them the most. We strive to motivate students to trust in their own creative abilities, which helps them to become more confident.



# Creative Expression

## Portfolio based

Students receive a portfolio of work and a certificate



## Where

Share Brixton



## Course details

This practical programme supports students with their cognitive and communication skills by creating an environment that supports learning through multi-sensory experiences. Students have the opportunity to take part in a range of creative sensory activities.

We explore:

- Sensory and sound activities
- Language greetings and context and we encourage students to initiate conversation
- Self-expression
- Makaton and visual aids

Creative Expression will suit students who have cognitive and communication needs, and who would benefit from an environment that supports learning through the use of sensory activities.

## Our approach

Students rotate in groups around different 'sensory stations' that are set up around a room. Each station features different sensory activities that support cognitive and communication skills – these may include wet, sound, construction and design areas. Students learn about health and wellbeing and develop their independent living skills as a group, using social and sensory stories. We also work with our partners to organise trips and workshops.

As with many projects at Share this is user led. Students will create individual learning targets and goals related to their Student Star (our system to track progress), and assessment through observations and targets.



# Gardening

## Portfolio based

Students receive a portfolio of work and a certificate



## Where

Share Tooting

## Course details

We aim to improve our students' lives through social and therapeutic horticulture. Gardening, plants and connecting with nature can have a positive impact on physical and psychological health and wellbeing, and general skills and abilities.

Our sessions cover basic gardening tasks adapted to our students' needs. A combination of sensory stimulation, creativity and enjoying nature helps our students to:

- Grow in confidence
- Reduce stress and anxiety
- Improve communication skills
- Experience a sense of community and belonging

## Our approach

Students learn about nature, plants and gardening in a calm and relaxed environment. They are supported to work at their own pace based on their individual needs. There is no need for any previous knowledge of gardening.

*Students can also work towards horticulture qualifications (see page 19)*



# Health and Wellbeing

## Portfolio based

Students receive a portfolio of work and a certificate



## Where

Share Clapham Junction

Share Tooting

## Course details

The course encourages students to look after their own mental and physical health.

We aim to support students to better understand their emotions and identify strategies for managing them.

We also explore creative ways of moving our bodies, which provides opportunities for students to learn about different dance and movement styles from around the world.

The course covers:

- Meditation, mindfulness, and other ways to promote positive mental health
- Sensory movement sessions
- An exploration of various health conditions and how to manage them
- Identifying risks to mental and physical health
- How to access healthcare online and in person
- The importance of health passports, annual health checks, and visiting the optician and dentist
- Eating healthily and exercising regularly

## Our approach

This course launched during the pandemic to help people understand and cope with the impact that change and uncertainty can have on wellbeing and mental health.

It aims to improve access to physical and psychological health information and services. We link with a variety of health professionals to further embed positive health messages.



# Healthy Lifestyles

## Portfolio based

Students receive a portfolio of work and a certificate



## Where

Share Brixton

## Course details

Like our Health and Wellbeing course, this programme encourages students to look after their own mental and physical health.

We aim to support students to better understand their health and take care of themselves.

We combine this with trips out into the local community to explore facilities, especially those with a health and wellbeing focus, such as visiting parks and community spaces. We link with a variety of partners and organisations to arrange workshops that further embed positive health messages.

## Our approach

Healthy Lifestyles takes place mainly in the area around our Brixton site at 336 Brixton Road, therefore it's ideal for students who are local to Lambeth and Brixton who would benefit from some support to become more independent in their community, whilst improving their overall health and wellbeing.

The group take regular trips out, meeting new people in different environments which helps our students feel more confident to go out in public and make use of local facilities.





# Music

## Portfolio based

Students receive a portfolio of work and a certificate



## Where

Share Clapham Junction

Share Brixton

## Course details

Students receive tuition in general musicianship through listening, responding, and creating their own music. We explore a variety of musical styles and genres from around the world.

People may bring in their own instruments if they wish, but we have a range of percussion instruments as well as violins, guitars, ukuleles and a piano.

We also use audio-visual technology at our site in Clapham Junction; our Immersive Learning Space uses a multi-sensory environment to provide an engaging learning experience.

The class aims to:

- Build confidence and self-esteem
- Help people improve their attention spans and concentration
- Encourage listening and responding by giving people a safe space in which to explore emotions and creativity
- Help people communicate and connect with others in non-verbal ways

## Our approach

Each course is tailored to each particular student group depending on their interests. Students are encouraged to explore their creativity and to take turns leading the group.

Students occasionally participate in local concerts and we sometimes attend accessible performances by organisations like the London Symphony Orchestra. We also occasionally welcome visiting musicians to the class.





# Sport

## Where

Share Vauxhall

Groups of students who attend any Share sites can also travel together to the site in Vauxhall to take part in football, basketball, boxing, athletics, and other activities.



We provide a programme of physical activity sessions using the excellent sports facilities at The Black Prince Community Hub.

Students take part in blocks of sessions lasting up to 10 weeks run by our Sports and Fitness Facilitator. Each block focuses on supporting students to learn skills in the given sport as well as practical skills to look after their health and wellbeing.

Students can take part in a variety of sports including football, basketball, hockey, badminton, tennis and athletics among others. Some sessions are delivered by qualified coaches from the Black Prince Trust and Disability Sports Coach, who provide specialist inclusive sports coaching.

## Our approach

We use an 'I can' statement system for students taking part in this programme. This supports students' learning by breaking down goals into smaller, more manageable chunks.

We also offer interested students the opportunity to have training to coach others.

# Textiles

## Portfolio based

Students receive a portfolio of work and a certificate



## Where

Share Tooting

## Course details

Textiles provides another creative outlet for students to express themselves whilst learning a new skillset that they can pursue outside of Share if they wish.

Students are introduced to a range of different textile materials, techniques and processes including printing, dyeing, hand sewing, felting and more. They also learn about the history of textiles and how they're made in different parts of the world.

Each session includes:

- An introduction to textiles - techniques/materials/processes - with a practical demonstration.
- Students using textile techniques/materials/processes to produce an outcome in response to something that's important to them.
- Group reflection and discussion on the work made in the session.

Every few weeks students paste textile samples, experiments and tests into student sketchbooks, just as they would as practising artists.

## Our approach

The aim of the sessions is to be fun and engaging, whilst teaching students new creative skills. Like all Share courses, the sessions have a wellbeing focus. We encourage students to create textile artwork inspired by things that are important and valuable to them. This provides students with opportunities to share things about themselves and their lives with their peers, potentially leading to friendships and connection.



# Home Cooking Skills

## Portfolio based

Students receive a portfolio of work and a certificate



## Where

Bespoke training kitchen at Share Brixton

## Course details

Students learn how to prepare and cook simple yet nutritious meals for themselves to encourage healthy food choices, and give them the confidence to cook at home.

Thanks to funding from The National Lottery Community Fund, we now include special sessions that focus on budget-friendly meals to support students and their families through the cost-of-living crisis.

The programme includes:

- Identifying the five main food groups and why they are important for good health
- Learning how to eat a balanced diet and good portion control
- How to carry out basic food preparation safely and hygienically like peeling, chopping, and grating
- How to use the oven, dishwasher and other common kitchen appliances
- Setting the table and clearing away after a meal



## Our approach

Our custom built teaching kitchen is fully accessible, with countertops specially adapted for wheelchair use. It's equipped with the types of appliances and utensils you'd have at home and a large kitchen table for people to serve food on, and taste and enjoy their dishes. A large monitor is mounted on the adjacent wall to display easy-read recipes for people to follow.





# Independent Living Skills

## Portfolio based

Students receive a portfolio of work and a certificate



## Where

Share Clapham Junction

## Course details

This course is all about developing skills to live more independently, both in the home and the world at large

The programme covers:

### Everyday home skills

Students develop skills relating to the home, like vacuuming, washing up, recycling, and bed making. They also investigate ways they can plan for healthy eating and lifestyle.

### Safety and risks

Students learn how to stay safe in the home and how to manage risks, for example fire safety, hygiene and kitchen safety.

This includes personal safety outside the home, for example travelling safely on public transport and looking after personal belongings.

### Self-advocacy and understanding yourself

We also learn about ways we can speak and act for ourselves, and decisions we can make that can help encourage positive and fulfilling lives.

## Our approach

We mix practical activities, games and discussion to foster specific and transferable skills to give people more confidence and be in control of more of their life in and out of the home.

We use technology to aid communication and learning based on each student's needs to ensure we provide a truly inclusive experience. And we set home tasks to involve parents and carers in students' progress and to ensure that learning continues outside Share.





# Out and About

## Portfolio based

Students receive a portfolio of work and a certificate



## Where

In the community but based at Share Clapham Junction and Share Tooting

Community-based course

## Course details

Out and About is designed to teach students how to navigate community resources and prioritise safety while travelling. Students develop these skills by participating in local outings to cafés, libraries, museums, shops, and green spaces.

The primary aim is to help students build independence and confidence within their community.

Out and About operates on Mondays, Wednesdays, Thursdays, and Fridays, with classes tailored to meet the specific needs of each group. For example, the Wednesday class at Share Tooting focuses on entry-level skills such as local trips and basic travel.

Fridays are aimed at students who enjoy sporty activities such as badminton, basketball, and hockey. On Mondays and Thursdays, groups explore places like museums and shops.

## Our approach

Out and About focuses on empowering students through skill building sessions and practical outings. It begins with assessing needs and setting goals followed by teaching essential skills like navigating public transport and safety awareness.



# Catering

## Accredited course



## Qualifications

CIEH (Chartered Institute of Environmental Health) Food Safety Awareness - Introduction

CIEH Food Safety Principles - Foundation

CIEH Food Safety Supervision - Intermediate

## Portfolio based



Students receive a portfolio of work and a certificate

## Where

Share Clapham Junction

## Course details

Students learn practical kitchen skills, as well as customer service and employment skills. They experience working as a team, learning how to take responsibility by preparing and serving lunch in Share's canteen, and cleaning up the kitchen afterwards. This helps build confidence and gives a sense of achievement.

We encourage our students to become involved creatively in all aspects of the kitchen including researching recipes, planning menus, daily food preparation, bread and cake baking as well as customer facing social skills.

Share's catering course is suitable for people who would like to gain a recognised qualification in catering as well as those who simply want to become more self-sufficient.

Students learn about:

- Food safety
- Personal and kitchen hygiene
- Knife skills
- Team working
- Handling money and using the till
- Healthy eating and portion control
- Communication and listening skills
- Monitoring and stock management
- Ordering and menu preparation

## Our approach

Students are supported to work at their own pace based on their individual needs. We aim to equip students with transferrable skills to encourage cooking at home, as well as open up possibilities for those who wish to pursue employment in the hospitality industry as a result of their learning.



# Community Café

## Where

Share Vauxhall

Taking part is best suited to those who already have catering or hospitality experience, and who are independent travellers.



This project provides a unique opportunity for students to learn catering and hospitality skills in a community café environment. Students also have the chance to support a community meals project that provides free meals to Lambeth residents in need. Taking part:

- **Encourages active citizenship** - supporting the community during a difficult time leads to a sense of pride and achievement
- Helps students feel a part of the community and encourages them to **develop their social skills** as they connect with local residents
- Develops **hospitality and catering skills**, providing valuable work experience which could lead to future employment opportunities

Students spend 12 months learning key skills to help them move closer to employment. This includes:

- Supporting the preparation, cooking and distribution of 100-150 weekly meals to local Lambeth residents in need, contributing to the borough-wide approach to tackling the cost-of-living crisis
- Learning catering skills like meal preparation, checking temperatures, cleaning down, and porter duties
- Learning hospitality skills like taking orders, serving food, and working the till
- Customer service skills like interacting and supporting customers and the community
- Catering large events for local organisations and completing a daily lunch service for other students
- The opportunity to complete barista training and level 1 and 2 qualifications in food and hygiene
- Learning employment skills such as time management, communication and teamwork

Students who join the café programme have the added benefit of enjoying the lunch they're cooked for free!



# Digital Skills

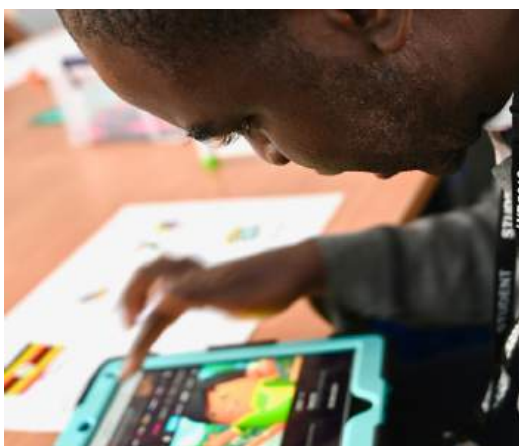
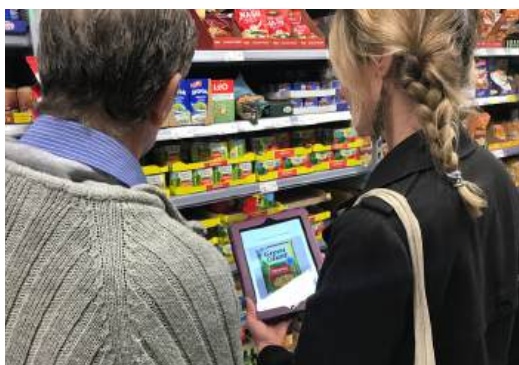
## Portfolio based

Students receive a portfolio of work and a certificate



## Where

Share Clapham Junction



## Course details

This course helps students gain the essential digital understanding needed for everyday life.

In a world where many services are online and app based, we aim to support students to access a range of online services.

Improving digital skills also helps our students to stay connected to family and friends through email and messaging apps, and to safely access leisure services like YouTube and iPlayer.

The course covers:

- Digital financial literacy: what credit/debit cards are compared to cash, how bank accounts work and what online banking is
- Exploring the process of buying things online
- How to use online platforms to find information and communicate
- How to use apps for everyday leisure activities, such as finding a location on Google Maps
- How to understand and fill in digital forms and use security tools like CAPTCHA
- How to identify what personal information is, and how to keep it secure
- How to keep our devices and ourselves safe online and when using digital technology
- Exploring social media platforms and how they work
- Digital footprints: thinking about how we appear to the public and our friends when we post online

## Our approach

We provide access to laptops, tablets, smartphones, software, and data - to be used within Share and out in the community. To ensure an inclusive experience, we include access to assistive communication technologies for people with limited verbal communication. Students are encouraged to learn at their own pace.



# Horticulture

## Accredited course



## Qualifications

Skills for Working Life in Horticulture

Level 1 in Practical Horticulture Skills

## Where

Share Tooting

## Course details

This course is focused on learning fundamental practical skills in horticulture that can help students start a career as a gardener, grounds person or garden centre worker.

Students learn about health and safety, working as a team, and how to communicate effectively in a garden environment. As well as developing dexterity, they grow in confidence and self-esteem, getting fresh air and exercise in a stimulating and friendly environment. Our garden centre offers a unique opportunity for learning and practising the skills acquired from growing plants and selling to customers.

Students learn about:

- Planting out
- Preparing ground
- Garden maintenance
- Using a mower
- Use and maintain tools
- Plant propagation (seeds, cuttings, leaf cuttings)
- Seasonal crop rotation
- Customer service

## Our approach

Students are supported to work at their own pace based on their individual needs. Students working on Skills for Working Life in Horticulture don't need any previous knowledge of gardening. The Level 1 qualification does require previous horticulture experience and knowledge.

Students also have the opportunity to gain valuable work experience at the Share Garden Centre, our on-site social enterprise.

*Some students enjoy gardening purely for therapeutic reasons without working towards a qualification (see page 7).*



# Maths and English

## Accredited course



## Qualifications

City & Guilds Entry Level 1 and 2 in Maths and English Skills

## Portfolio based



Students receive a portfolio of work and a certificate

## Where

Share Clapham Junction

Share Tooting

## Course details

Classes are designed to help students enhance their literacy, numeracy and general communication skills.

Our aim is to help people build confidence and self-esteem, to develop a solid foundation from which they may undertake further training or search for employment.

We focus on practical, community based learning, like handling money, reading menus, travelling on public transport, and writing letters and emails. Students are encouraged to interact with the local community to put their classroom learning into practice.

Students learn at their own pace, so they can complete separate units towards a full qualification.

## Maths

As well as basic maths, students are taught to count and measure, and to understand and apply maths in real life applications – for example, calculating change, operating a till in a supermarket, and measuring ingredients for a recipe.



## English

We support students to read and write standard written English to help them understand written information and communicate more easily.



The group launched the Share newspaper with support from their tutor a publication written by students and for students. Anyone who attends Share is welcome to submit articles and stories. The paper is produced in an easy-read format using Widgit and Photosymbols.

# Steps into Employment

## Portfolio based

Students receive a portfolio of work.

At the end of the course everyone gets their own CV.



## Where

Share Clapham Junction

Share Vauxhall

## Course details

This class supports our students to take their first steps towards employment, providing an introduction to the workplace to prepare people for paid or voluntary work, or work experience.

We cover:

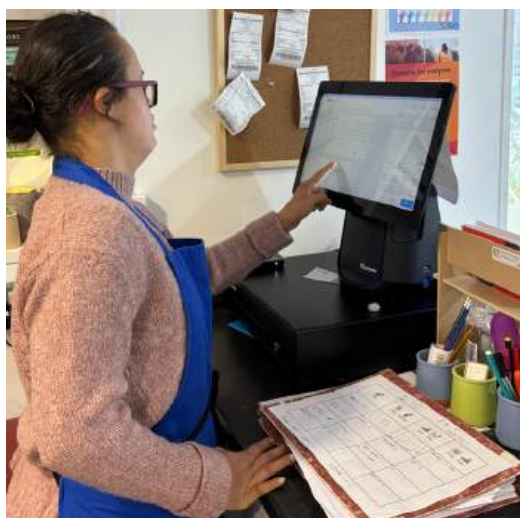
- Different requirements for different jobs and how to match these to personal skills
- How to make informed career choices
- How to search and apply for jobs
- CV writing and completing application forms
- What to wear to work
- Which behaviours, attitudes and attributes are appropriate for the workplace
- The importance of personal hygiene
- Preparing for an interview and interview skills

## Our approach

We focus on practical learning with interactive group sessions including role play, e.g. working as a waiter or waitress in a restaurant to understand good versus bad customer service.

We partner with specialist organisations to help our students gain valuable employment experience and find meaningful jobs:

- **Status Employment** - a supported employment specialist that connects our students with supported internships at local employers.
- **The Wimbledon Foundation** – through their Work at Wimbledon initiative, some of our students have been trained, supported, and given the chance to take part in exciting paid placements at the Wimbledon Championships.





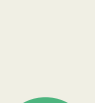
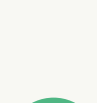
# Timetables

Students choose one course per day and can attend different sites on different days.

For example, a student who attends Share for three days a week can do Art on a Monday at Clapham Junction, Textiles on a Tuesday at Share Tooting, and Steps into Employment on a Wednesday at Share Vauxhall.

Individualised timetables will be provided for all new students.

## Share Clapham Junction - weekly sessions

| Monday<br>10am-4pm                                                                                      | Tuesday<br>11am-4pm                                                                                           | Wednesday<br>10am-4pm                                                                                         | Thursday<br>10am-4pm                                                                                           | Friday<br>10am-4pm                                                                                              |
|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
|  Art                   |  Art                        |  Art                        |  Art                        |  Catering                   |
|  Catering             |  Catering                  |  Catering                  |  Catering                  |  Digital Skills            |
|  Digital Skills       |  Digital Skills            |  Health and wellbeing      |  Independent Living Skills |  Independent Living Skills |
|  Maths and English    |  Independent Living Skills |  Independent Living Skills |  Music                     |  Music                     |
|  Health and wellbeing |  Maths and English         |  Music                     |  Out and About             |  Out and About             |
|  Out and About        |  Music                     |                                                                                                               |  Steps into Employment     |                                                                                                                 |
|  Music                |                                                                                                               |                                                                                                               |                                                                                                                |                                                                                                                 |

## Share Tooting - weekly sessions

| Monday<br>10am-4pm                                                                                          | Tuesday<br>11am-4pm                                                                                          | Wednesday<br>10am-4pm                                                                                        | Thursday<br>10am-4pm                                                                                          | Friday<br>10am-4pm                                                                                             |
|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
|  Art                        |  Horticulture/<br>gardening |  Horticulture/<br>gardening |  Maths and<br>English       |  Art                        |
|  Horticulture/<br>gardening |  Textiles                   |  Out and<br>About           |  Horticulture/<br>gardening |  Horticulture/<br>gardening |
|                                                                                                             |  Healthy<br>Lifestyles      |                                                                                                              |                                                                                                               |  Health and<br>wellbeing    |

## Share Brixton - weekly sessions

| Monday<br>Closed               | Tuesday<br>11am-4pm                                                                                           | Wednesday<br>10am-4pm                                                                                         | Thursday<br>10am-4pm                                                                                           | Friday<br>Closed               |
|--------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|--------------------------------|
| Services not currently running |  Home<br>Cooking<br>Skills |  Art                       |  Creative<br>Expression    | Services not currently running |
|                                |                                                                                                               |  Home<br>Cooking<br>Skills |  Home<br>Cooking<br>Skills |                                |

## Share Vauxhall - weekly sessions

| Monday<br>10am-4pm                                                                                   | Tuesday<br>10am-4pm                                                                                   | Wednesday<br>10am-4pm                                                                                        | Thursday<br>10am-4pm                                                                                   | Friday<br>10am-4pm                                                                                             |
|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
|  Community<br>café |  Community<br>café |  Steps into<br>Employment |  Community<br>café |  Steps into<br>Employment |
|  Sport             |  Sport             |                                                                                                              |  Sport             |                                                                                                                |

# Befriending

Launched during the pandemic to help relieve isolation, the service involves volunteer befrienders visiting students near their homes to go for a walk, a bike ride, a coffee, do some shopping, or just have a chat.

Befrienders are carefully matched to those with similar interests, offering support and friendship.

## How does befriending help?

- It encourages communication, helping our students improve their social skills and feel more self-confident
- It motivates people to get more exercise by getting out in the fresh air
- Social interactions help students feel less lonely, they make friends and have someone trusted to talk to
- People are supported to explore their local areas

- Available to anyone who attends Share
- Activities are chosen by student members
- All volunteers are DBS and reference checked
- Meetings are usually once a week for 1-2 hours





# Go Anywhere, Do Anything

As the name suggests, this is a fun social project to help our students enjoy life! It's all about sharing experiences and being happy.



With the help of fully trained volunteers we run group trips out for our students to enjoy activities such as bowling, karaoke, cinema, clubbing, afternoon tea, and more.

This is a great way to:

- Make new friends
- Do new things and visit new places
- Have fun
- Stay out late if you want to

The programme also helps us advocate for better disability rights at venues.

- Trips are open to all Share students
- Risk assessments are carried out
- Wherever possible, social buddies are assigned to each member on a one-to-one basis
- Trips are run in evenings and at the weekend
- All social buddies and staff are DBS checked, reference checked and receive full training
- Parents and carers are kept informed about each trip and can be sure that their loved ones are safe and happy at all times



## Wellbeing activities

Our wellbeing team run drop-in sessions around areas including:

- Dealing with stress and anxiety
- Digital safety
- Friends and relationships
- Understanding boundaries



## Clubs

**Mindful Moments** - a drop-in session focusing on mindfulness and meditation to support emotional wellbeing

**Craft Club** - a drop-in arts and crafts activity club to help students explore creativity

**Drama group** - a fun, student-led space to explore singing, dancing, and comedy acting



## The student newspaper

Our student newspaper is written by students and for students. Anyone who attends Share is welcome to submit articles and stories. The paper is produced in an easy-read format using Widgeit and Photosymbols.



## Physical activity

We promote an active and healthy lifestyle by encouraging movement in our daily sessions, and we also host occasional sports days.

As part of our healthy living and community-based courses, we also encourage students to get moving in ways that work for them — whether that's walking, visiting the gym, or making use of outdoor gym equipment in local parks.



## Lunchtime activities

Lunchtimes give people the chance to have some downtime and enjoy the range of activities organised by our dedicated lunchtime staff. There are quiet spaces for those who wish to have some time alone.



## Events

We hold 'fun weeks' twice a year with music, dancing, karaoke, arts and crafts, games and more. Our autism-friendly relaxation rooms provide space for quieter activities.

Students' achievements are recognised and celebrated at our annual **awards ceremony**, where certificates are awarded.





## Our staff

All our tutors and volunteers are DBS checked and bring a wealth of experience and talent in their respective fields. Many are proficient in Makaton and all staff undergo regular learning disability and autism training to better understand people's needs.

We have a dedicated wellbeing team to provide pastoral support and manage each student's journey through Share. People are encouraged to make their own choices in a safe supportive environment.



## Safeguarding

The welfare of our students is paramount. All our staff and volunteers are trained to recognise possible safeguarding concerns and act accordingly so that any issues are dealt with in an effective and supportive manner.

A copy of our complaints procedure is available on our website or by calling 020 7924 2949.



## Parent and carer support

Our wellbeing and family liaison team work hard to make sure people continue to progress at home. We signpost and refer parents and carers to other agencies and services. And we run regular parent and carer meetings for people to share stories, raise concerns, and discuss their needs. This helps us stay connected with our students' wider networks and we welcome regular feedback to help shape the development of our services.



## Our values

We believe passionately in the inclusion of disabled people in society. We treat everybody who comes to Share with respect, compassion, and kindness. We believe everyone has something to offer others, and we build on people's individual talents, interests and abilities.



# How we measure progress

## The student star

At Share we use a tool called the Outcomes Star to support and measure change over time. This helps us to pinpoint individual life and learning goals and help people achieve them.



Progress is tracked across nine core areas:

- Practical skills
- Communication and social skills
- Learning skills
- Physical health
- Living skills
- Friends and relationships
- Wellbeing
- Social responsibility
- Work readiness

When new people join Share, each area is evaluated to assess where they currently are on their journey towards independence, choice and wellbeing. The process is repeated regularly to track progress.

Staff then work individually with students to develop the right support to help them move towards their goals.

## ‘I can’ statements

Learning targets are broken down into clear, actionable steps. Written in accessible, student-friendly language, these statements clearly outline students’ goals and the skills they need to develop to achieve them.

‘I can’ statements are decided by both tutors and students. Examples include, ‘I can make a hot drink and wash up’, ‘I can start a conversation’, or ‘I can match my skills to specific jobs’.

The results give valuable insights into each student’s learning journey, helping us to adapt our services where needed to make sure we're responding to people's changing needs.



## Referral process

Anyone may refer someone to study at Share. You may also refer yourself.

Students attend Share for a minimum of two days and a maximum of five days a week, Monday to Friday.

We're open all year round apart from bank holidays (and we usually close in between Christmas and New Year).

We recommend that, if possible and funding allows, students should attend Share for at least three days a week so we can help them to maximise their learning.



## Payment options

- **Use your personal budget.** If you have one and are receiving direct payments.
- **Referral by a social worker or health worker.** If you don't have a personal budget, your social worker or health worker can refer you to Share. If you let them know you would like to join Share, we will work with them to get you signed up.
- **Self-fund.** If you can afford to pay for your studies from your own funds.

## Contact

Please get in touch to find out more or to arrange a visit.



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



020 7924 2949



Fill in our enquiry form at [www.sharecommunity.org.uk](http://www.sharecommunity.org.uk)