

# Building Futures



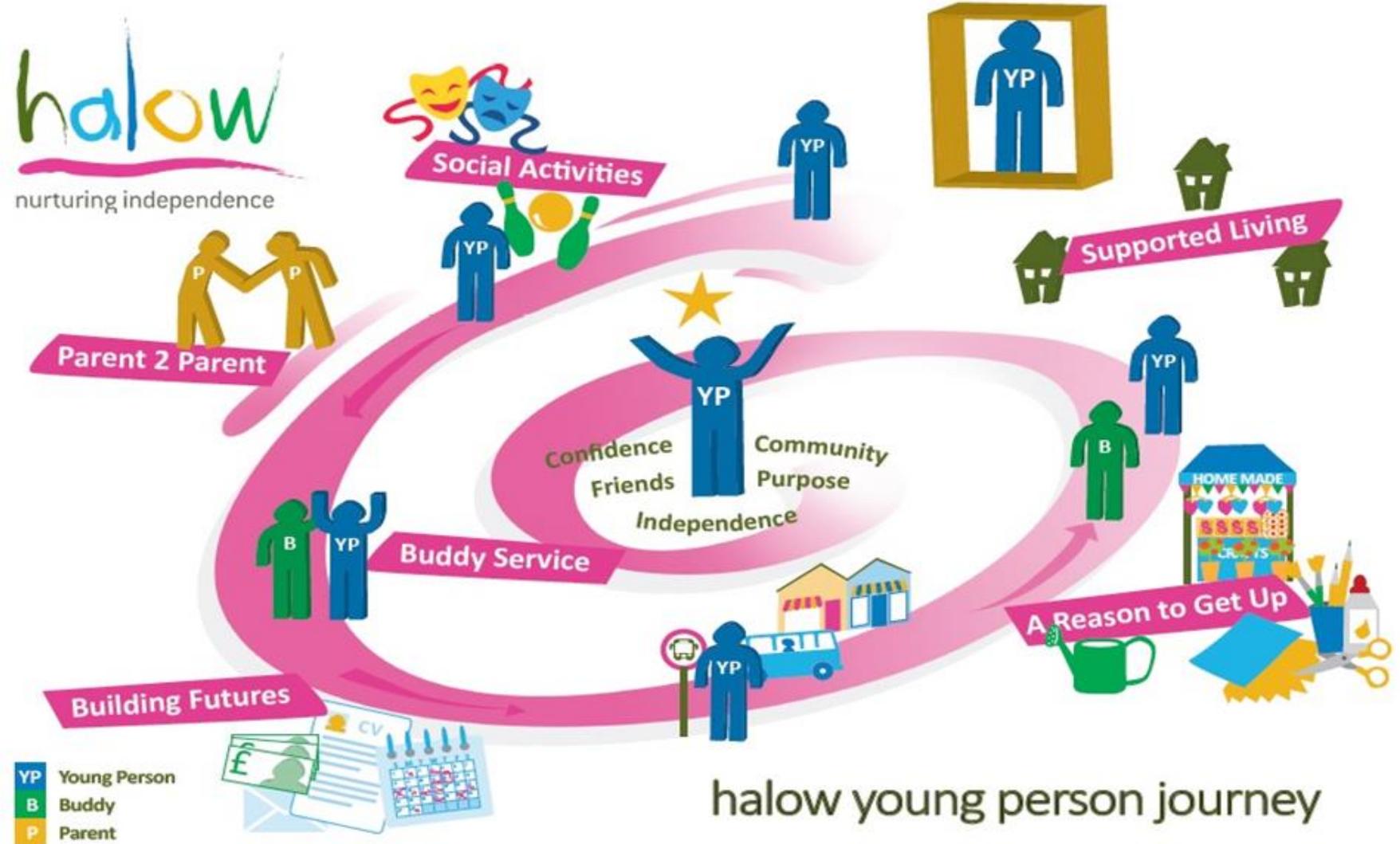
A full time community based learning programme that nurtures the independence, enriches the lives, continues the education, and builds the futures of our young people.

# halow's work...

The **halow project** is a Surrey based charity that supports 170 young people aged 16-35 with learning disabilities.

We were founded by the parents of 5 young people with a learning disability and our services were established to meet the challenges they faced.

We believe young people with disabilities should have the same life choices & chances as any other young person.



# The Need:

Many young people who access halow's services are either at a crossroads in their life, or are heading towards one.

There is no getting away from the fact that there is a huge drop in funding and opportunities for young people with a learning disability when they reach adulthood. This can be a traumatic time for both the young people and their families, as many of the services and relationships they have relied on, come to an end.

Goals such as further independence or work may not be an immediate option for some young people and they need other means of learning new things, gaining new skills and challenging themselves, to aid their growth and development and prevent them becoming socially isolated.

Building Futures is now in it's ninth successful year as a flagship halow project. We were originally set up in conjunction with Surrey County Council to meet this clear need.



# What we do: *Our sessions* *Year A*

Year A runs for four days per week. Four days per week is classed as a fulltime programme because we want to give people the option of using the fifth day to pursue own interests; be it specific learning goals, volunteer / paid work, 1:1 support hours, chores, or just to have a break!

Our sessions include many things that young people often still want to and / or need to learn more about; whether it be our weekly relationships session (where we talk about everything from friendship to intimate relationships, and from changing family relationships to relationships on social media); or our person centred planning session where we talk about aspirations, bitesize targets, and how we will get there.

Work and Independence are another key theme, explored through weekly group work experience with our fantastic local partnership organisations, and our Wider World sessions.

We also then focus on a healthy lifestyle, confidence building, team work (and related occupation & independence) through healthy living and outdoor learning sessions.

We view our timetable as holistic; we believe that we can apply anything that someone needs to learn for their future, to one of our sessions.



# What we do: *Some of what makes us different*

We purposefully do not use one venue; we base ourselves within the Guildford community, using local venues and partnerships. We also don't use our own transport; using the local buses or trains together most days. This means everyone develops their independence skills and public transport skills far more frequently.



Young people are immersed in the community, learning more about it every day. We are very much a group of people, not a class... all of the young people learn together, help each other, achieve together, and grow in confidence together.

Person Centred Planning: Now more prevalent in our sector, but has always been fundamental to Building Futures. We do a weekly session on PCP, work on and track short and long term goals, and also hold 2 outcomes focused PCP meetings for each young person during the year.



Our curriculum is not fixed. The sessions we do are based on and picked by our young people. We can develop session around shared short term goals and learning ... so no two year groups are ever the same!



## What we do: *Our Year Groups*

In challenging economic times we started a second progressive year group in September 2016, and a third in September 2017. This is testament to the reputation the programme has developed in Guildford and with the local authority. We now run our Year A-C concurrently.

We call the year groups A-C to distance ourselves from formal education, and it is key to our philosophy that any young person does not have to work through our year groups sequentially.

For example, we have had one young person moved on after 1 year; as they had used their skills to build a sequence of other jobs and supported work. We have had another young person join us in year B, as developmentally we felt this was a better fit to their goals. Everyone's journey through Building Futures is highly person centred.

Everything we do moves on to the next level in each year group...



# What we do: *Just some examples of some recent content*

## World of Work sessions...



### Year A

*Group work experience with fantastic local partners. Focusing on skills and qualities for work as an introduction to a huge 'world of work'. Some class-like work too.*



### Year B

*Our group work experience becomes more diverse, including things like opportunities at 'Waitrose', workplace visits to 'Surrey Sports Park', etc. We revert to a work skills class-like session every third week.*

### Year C

*Work skills session every 2<sup>nd</sup> week, with work experience even more varied: this year we've done things like bee-keeping, stone carving, and cooking for external local events. One work-place visit for our budding actor was to visit a west-end theatre, meet the cast, and see the show!*

*As the programme is now 3 days, we can also support young people with work on other days (some sourced by ourselves)- settling in to a new opportunity, etc.*

*We are also part of a national health campaign; young people are leading on our work.*



## Outdoor Learning sessions...



### Year A

*Varied sessions with our fantastic local provider. Building on skills and choosing favourites. Examples include climbing, canal boat, cooking (kitchen and open fire). End of year overnight trip.*



### Year B

*Sessions move on to the next level. We go further afield to try different things (sailing, tree-top adventure, bush craft in local woodland, etc). We also focus more on things like managing risk and staying safe. We do our own camp in the Autumn term, and complete Duke of Edinburgh Bronze Award.*

### Year C

*Sessions move on to the next level again. We do a whole day every other week so can do things like canoe journeys and cycle rides.*

*We complete the Duke of Edinburgh Silver Award; this year we are doing it on bikes and cycling to the coast! We're also running the first 'Guildford 250', a mirror of our hallow 250 charity bike ride. We will be getting local involved in completing this on exercise bikes in Guildford town centre... come and join us?!*



# Other key information:

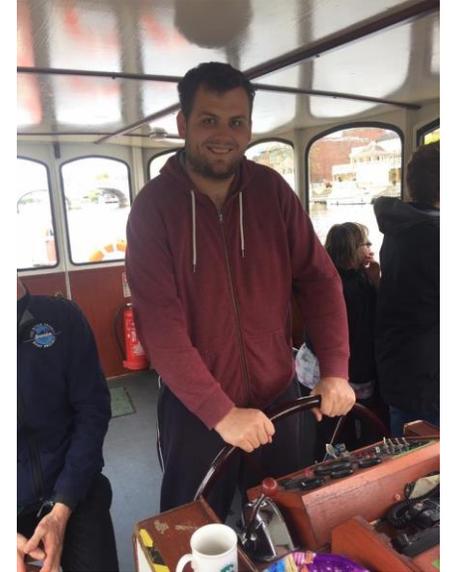
We run 49 weeks of the year: 39 'term time' weeks and 10 weeks of optional holiday activities. 4 of these weeks are now a shared offer with halow's social activities service; essentially meaning young people are offered 3 activities instead of 4 in those weeks.

Our sessions are usually from 10.00am to 4.00pm. Year A runs from Tuesday to Friday, Year B from Monday to Thursday, and Year C for 3 days from Tuesday to Thursday.

Building Futures is a group staffed environment with a minimum of 1 staff member to 6 young people. We can also support young people with 1:1 workers. We also have support from our fantastic volunteers.

Many Building Futures young people use or go on to use at least one other halow service; for example attending social activities with peers, having a 1:1 buddy... maybe even moving in to a supported living house with their friends one day!

Building Futures currently costs £9,800 for a full year. This is usually paid for by social care funding. This works out as £8.33 per hour. This is extremely good value because it is backed up by our charitable income.



# Outcomes: *Our highly person centred review meetings*

We hold 2 person centred review meetings for each young person each year. These are prepared with the young people over many sessions, meaning each young person's meeting can then be person centred to them.

For example, young people choose their 'circle of support', highlight their own achievements, and work on their targets from the previous meeting.

Young people work on their own goals throughout the programme. Each young person is always working on a few short term goals; these could be anything from speaking to people more politely, or buying their own lunch 1 day per week.

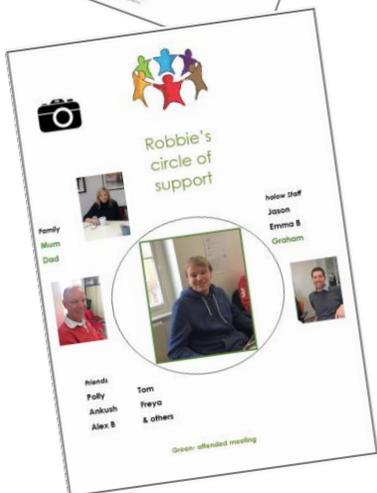
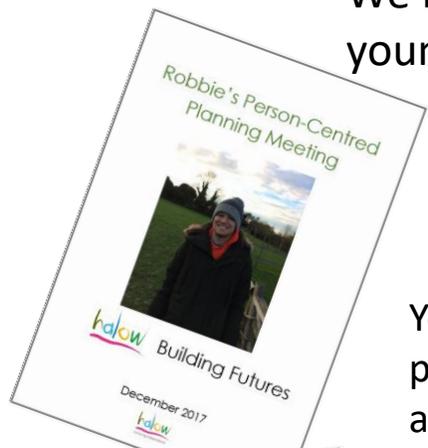
They also help each other with these.

These feed in to long term goals. A young person may want to be more independent, see their friends more, or get a job. We will break these goals down in to the smaller steps needed to progress with each one.

*Some recent feedback ...*

**"This is the best meeting we've ever had for our son"**  
*Building Futures Parent*

**"These meetings are so clever. You're telling a carefully nurtured story about my son, then setting up the next chapter at the end."**  
*Building Futures Parent*



## Short Term Goals and Achievements Report:



- Spoke confidently about halow on stage at the 'Surrey Soup' community event. Also prepared the soup, and we won a cash prize of £65 for halow ✓
- Canoe Skills: Tom has re-built built his confidence through canoe activities. This has been a huge achievement! He successfully paddled and took turns leading another young person in the canoe. ✓
- Returning to the afternoon last term, having fallen in the river whilst canoeing in the morning. ✓
- Peer support: Part of a group of 3 young people who discuss morning public transport by phone, along with AT and FB. ✓
- Took part in selling Christmas BFG/halow items at Drift Golf Club and helped raise £173.60. ✓
- Abseiling at High Ashurst. Parents said Tom would never have done this before he started BFG. ✓
- In Healthy Living gym sessions Tom always challenges himself to try and beat his previous weeks results, remains focused on himself and has increased his weights he is lifting. He also proudly told the meeting that he recently rowed 3266 metres on the rowing machine. ✓
- BF short-term goal: To understand when the group should be led by a staff member and try not to speak over the staff member when they are talking to the group - this will help everyone stay safe and make sure that the groups needs are being met. Very good progress with this. ✓
- BF short-term goal: If someone has asked another YP a question - let them answer at least 80% of the time. Tom has made good progress with this, really trying hard to not interrupt others and allowing them the chance to answer. ✓
- Tom completed PowerPoint presentation on the Mid-Hants Railway as part of 'Wider World.' ✓
- Worked as a vital team member to prepare for the camping trip. Tom did not stay overnight, but was back first thing in the morning to support his peers. He increased his confidence by putting up & taking down tents, cooking meals, and was helpful throughout. ✓
- Took part in preparing Bonfire night for family members at Henley Fort: preparing food and helping with car parking duties. Tom was instrumental in getting the bonfire built. He had previously said he wouldn't do it, so it was a great achievement. ✓
- Working on independent travel. walked to this meeting. ✓

Has anyone else got anything to add from another setting? ✓

Birthday meal. 13 people came! First event on TJs birthday for 13 years! ✓

TJ takes photos at referees meeting with each Monday and live streams the academy meetings! ✓

High notes singing. Has now done 4 performances! ✓

Also travelled in the group minibus, unheard of previously. ✓

Choosing to return to Winchester Xmas market with family. ✓

Tom plans family trips. They are getting further away as his confidence increases, and are often to see a transport system, etc. ✓

Met up with BF friends outside BF. He met up with JB Twice & FB once ✓

TJ has started using park and ride from Ardington on Thursdays, supported by parents. He is getting used to how it works, bus times etc. ✓

Incremental weather/ a change of activity has not stopped Tom. It is huge that he has only missed 1 day of term for those reasons! ✓

Tom is showing that he can cope better when things are not 100% known all of the time. This is a massive step forward for Tom. ✓

Also dealing with issues with young people and still coming in! ✓

What have Tom's highlights been?

Looks forward to Tuesdays - volunteering and wider world.

PCP sessions

Gym sessions

Canoeing + Canal boat

Going to Learning Disability Today Conference in London. Loved it!

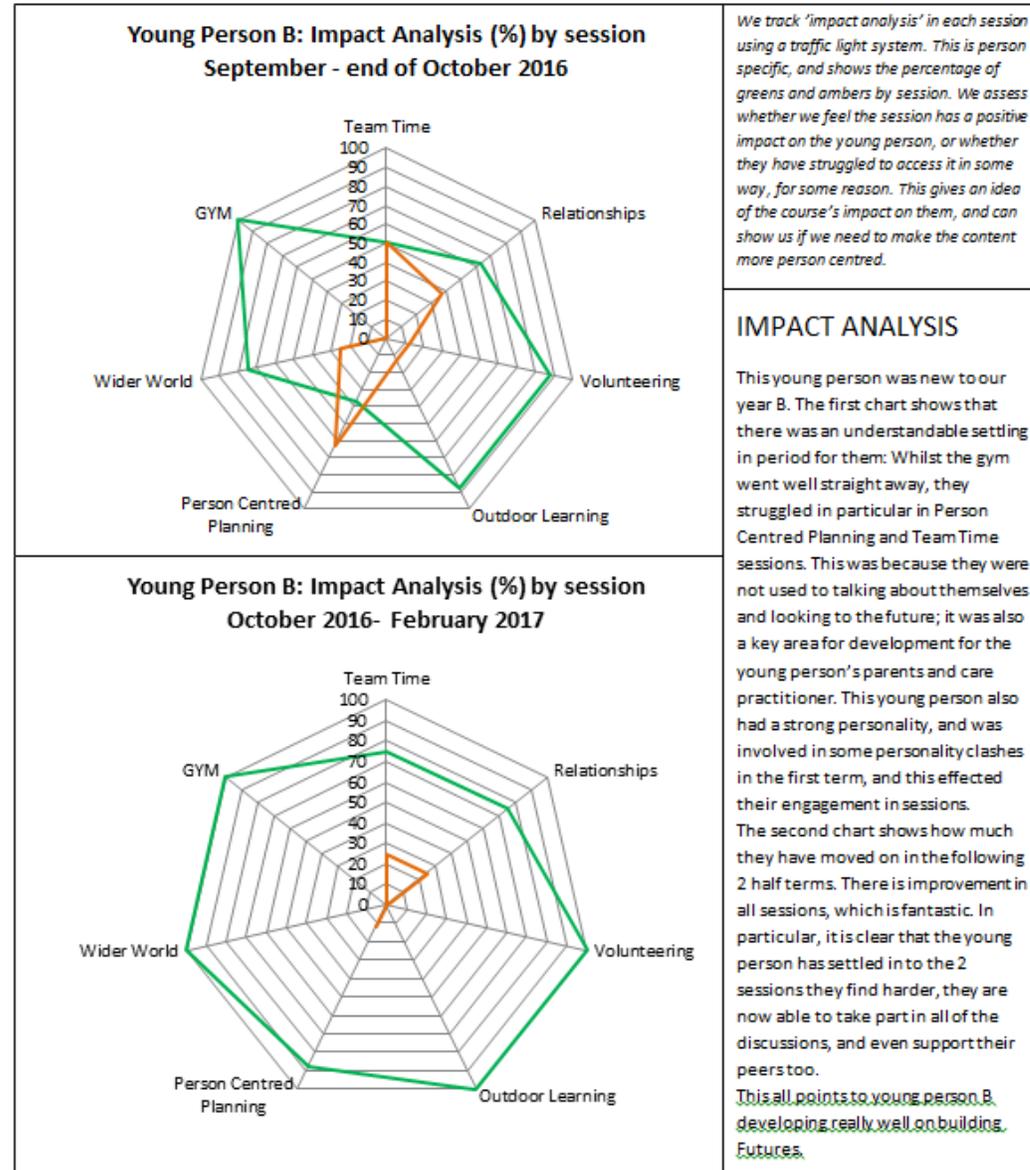


# Capturing outcomes and showing progress

We produce data on how the young person is progressing on the programme.

This allows us all to focus on any areas for improvement, or where extra support or guidance may be required.

The example here is for a young man who (as discussed as a person centred pathway) went straight in to our Year B.



As part of being highly person centred, for each young person we also add in both long term goals and SMART short term targets that often link in to the long term goals. These are also tracked per session.

It is also important to note that everyone's outcomes on Building Futures are different. For example; an absolutely key developmental outcome for one young person could be the day they decide to start a conversation with a peer, rather than wait to be asked. Our aim is to capture as many as we possibly can!

# Outcomes: *Just some achievements for young people after Building Futures*

## WORK

- 6 week placement, leading to a paid job at Waitrose.
- halow ' Philips' placement, leading to paid work
- Paid work at Superdry, their dream job!
- Supporting with Building Futures as a volunteer
- A paid dog walking job
- Volunteering at a public café
- Volunteering a charity shop
- Volunteering at a charity cafe
- Volunteering at the Bike Project
- Work based learning at Frimhurst Enterprise
- Contact with a disability modelling agency in London
- Becoming a dance teacher at Stop Gap
- Many YP have moved on to EmployAbility
- A paid job at the halow office
- Work placement with the Growth Team
- Work placement at Mane Chance
- Volunteer work within the BFG programme
- 2 YP have gone on the volunteer at Watts Gallery
- Paid work with a partner Tree Surgery company
- Voluntary work at the Brain Tumour Trust
- Paid gardening job
- Paid work at Costa
- Volunteering at a care home



## FURTHER LEARNING AND LIFE SKILLS

- Fully independent travel
- Going to University
- Photography, dance, cooking, relaxation, art and computer skills courses at ACL
- Further therapeutic support
- Pitman's Computer courses levels 1 & 2
- Driving Lessons
- English language courses
- IT / the gym / Craft / Cooking through ARTGU
- Gone from being able to verbalise 2 words to over 50!
- Have started doing their own housework!
- Have started making their own lunch
- Cooking and kitchen skills.
- Learnt to tell the time
- Travelling to lots of new places independently on buses and trains
- learning to handle their own money
- Opening a bank account.
- On the Undateables TV programme
- On the Autistic Gardener TV programme
- Passed driving test
- Planning and delivering a session for Year A

## LIVING

- Many young people have moved into their own home with friends!
- Having a halow buddy to help at home and beyond.
- Gaining more / 1:1 support



## SOCIAL AND CONFIDENCE

- Building real friendships
- Meeting up outside Building Futures.
- Getting a boyfriend / girlfriend
- Being invited to Birthday parties
- Access to halow social activities
- Accessing night club evenings
- Accessing other charity's events.
- Accessing a Chinese community group in Woking
- Joining a gym
- Met up with other halow young people socially for drinks, cinema trips and meals out.
- Organising and leading their own BFG activities!
- Joining the halow Youth Committee

# Outcomes: *some feedback*

I like thinking about my future, life skills, becoming a better person, helping me to look for a job, being with friends, being understood and fantastic staff. I want to come to BFG next year!"

*Building Futures Member*



"Thank you for everything. They are all having a fantastic time at BFG. My son came home today with a list of his goals— one of which was to live in Guildford with his friends— yay!!"

*Building Futures Parent*



"I wish everyone I work with could come to your group! You're doing a super job!"

*Speech and Language Therapist*



"I am absolutely thrilled with BFG. My son started getting the bus home independently. This is great for his independence and great for me, because I don't need to be there every time. I've been telling people about it with him in earshot, and he is really proud of himself! A big thank you to BFG!"

*Building Futures Parent*

"I don't know what I would do without Building Futures. I love it. Without it I would probably just be at home doing nothing"

*Building Futures Member*



**Graham O'Connor**

January 22

What a great day for a cycle ride!- it was very muddy (which it wont be on our summer cycle rides) and everyone did incredibly well!!! 😊



Like

Comment



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