

HEDLEYS HORIZONS

PERCY HEDLEY FOUNDATION



Inspire

Believe

Achieve



INTRODUCTION



Hedleys Horizons is a new programme, combining Able 2 and Fir Trees offers as part of the Percy Hedley Foundation. Offering a range of activities – practical and sensory – that you can choose to take part in throughout the week across the two neighbouring sites - Horizons East and West. The range of activities is based on what has proved popular so far.

Activities Programme - At Hedleys Horizons you can continue to work on employability, independence, communication and choice making skills and to take part in a range of social enterprises. These social enterprises and activities provide meaningful lifelong learning goals, promote mental wellbeing and offer purposeful activities and enterprise. You can also choose to access volunteering opportunities in your local community with support.

Sensory Programme - Hedleys Horizons can offer individualised programmes of activities for those of you who need a higher level of support to meet physical needs, health care needs or communication needs. You will be supported to take part in an engaging variety of sensory based activities in purposeful surroundings designed to engage all of your senses, promoting enjoyment and engagement with the world around you.

Bespoke ASC Programme - Hedleys Horizons can also support those of you with Autism Spectrum Conditions (ASC) who require a bespoke package with a high level of support, access to quiet spaces, sensory integration and meaningful engagement. This will include community integration and a specialist staff team experienced in providing individual approaches. You will be encouraged and supported to build meaningful relationships and common interests.



INTRODUCTION



At Hedleys Horizons our onsite therapy team are available without a referral throughout the year. Integrated therapy provision is assessed individually and then integrated on weekly basis within service users' activities. We provide specialist treatment programmes (to include on site hydro and rebound therapy on-site), assessments and regular reviews/progression and links to community-based services when required.

There is a Foundation wide nursing service that can also provide support to those that may have health needs requiring support from staff with specific training. On-site facilities include a hydrotherapy pool, gym, newly developed independent living skills flat, media, print and music studios, radio station, horticulture and sensory rooms.

Packages can be full or part time and do not include transport, which will need to be sourced by care manager, social worker or family.



At Hedleys Horizons we aim to give you a wide range of experiences that will offer you the following:

- Help to become as independent as possible within the service and the community
- Promotion of a Total Communication approach: use of British Signed Language, Signed Supported English, Makaton and a range of augmentative and alternative communication systems, including Voice Output Communication Aids (VOCAs), symbols, pictures, objects of reference and Intensive Interaction etc.
- Support to make choices about your everyday life and inform your futures
- Help to live a life that you would choose and get the most from
- Ensure you are treated with dignity and respect
- Have meaningful person-centered individual outcomes
- Have a detailed person-centered support plan as appropriate, working closely with you, your family social worker/care manager
- Help to try new things and develop your interests
- A person centred approach in everything we do
- Monitoring and development of your health and welfare.
- Appropriate support based on assessed need
- Equal opportunities for all that respond to and recognise diversity



OVERVIEW



Hedleys Horizons runs between the hours of 9am and 4pm with a lunch break between 12pm and 1pm. The day can begin in a variety of ways depending on your need.

The following provides an overview of the three pathways with outcomes and aims.

1. Activities programme
2. Sensory Programme
3. Bespoke ASC Programme





ACTIVITIES PROGRAMME



ACTIVITIES PROGRAMME



COOKING



Cooking activities will provide opportunities to support you to engage successfully in tasks whilst developing your skills. Safety and independence will be promoted throughout. This may involve making a snack, baking items for sale or pleasure.

Aims:

- Develop independence
- Promote choice making
- Increased social opportunities
- Development of transferrable skills
- Enjoyment and fulfilment

ARTS AND CRAFTS

Within Arts and Crafts activities there are opportunities to explore various mediums including painting, sculpture and textiles. Some items will be produced for sale as part of social enterprise or could be for a specific project chosen by those attending. In the past these have included fashion through time, pop art or favourite album covers.

Aims:

- Promote choice making
- Self-expression
- Enjoyment and fulfilment
- Working on a group project with peers
- Opportunities for group working
- Being part of a team



ACTIVITIES PROGRAMME



COMMUNICATION GROUP

Communication groups provide the opportunity for you to develop and practise social skills within a supportive setting. These skills may include turn-taking, maintaining topics of discussion, listening and responding to others, and using augmentative and alternative communication where appropriate.

If you are funded for speech and language therapy, this group can provide them with opportunities to work towards your communication aims.

Aims:

- Social inclusion with your peers
- Develop your social communication skills using a total communication approach
- Develop greater advocacy skills
- Build meaningful relationships with others



ACTIVITIES PROGRAMME



FITNESS AND WELLBEING DUKE OF EDINBURGH AWARD

This can involve a number of activities including hiking, health walks, sports such as swimming, using a gym, football, boccia, team games, yoga based activities and relaxation, as well as rebound therapy and hydrotherapy. You can enrol to achieve your Duke of Edinburgh award by building their skills in range of areas.

Aims:

- Increased health benefits
- Promotion of good mental health
- Increased self-esteem and self confidence
- Increased focus and ability to engage in an activity



ACTIVITIES PROGRAMME



COMMUNITY AND LEISURE ACTIVITIES

We will offer you the opportunities to explore the local area and the North East via transport, meet people and integrate into the community. We will support you to access leisure and sport facilities and explore activities that may be new to you. We will encourage and support the development of your new hobbies and interests, work with you on helping you to get the confidence to increase your communication and independence skills.

Aims:

- Social inclusion with peers the same age as you
- Community links and being part of the wider community
- Opportunities for communication with unfamiliar people
- Promoting your independence and making your own choices based on interests



ACTIVITIES PROGRAMME



ACCESS TO SUPPORTED VOLUNTEERING

We can provide continued support if you would like to access volunteering opportunities recognising the early work skills that you may have. A volunteering opportunity is sourced close to your home by the Percy Hedley Foundation Employability Project and supported by staff. Over time, support can be withdrawn and oversight provided by a job coach. However, we recognise that you may always need support to continue this meaningful activity.

Aims:

- Meaningful involvement in long term volunteering placements
- Greater social inclusion
- A new challenge that will develop new skills
- Improved confidence and self-worth
- To make a positive contribution to society



ACTIVITIES PROGRAMME



DAILY LIVING ACTIVITIES

Personal, social and domestic activities of daily living can be developed in our onsite 'Living Skills Flat'. The provision is aimed to support you to develop your independent living skills in a domestic environment and includes a kitchen, bathroom, living and bedroom area.

Occupational Therapy can assess and develop individual programmes to promote engagement and independence.

Aims:

- Developing independent living skills - transferrable to the/your home environment
- Utilising assistive and adapted equipment to support engagement and independence



ACTIVITIES PROGRAMME



SOCIAL ENTERPRISES



Social enterprise allows you/small group to plan activities and fundraising outcomes. You can develop skills including marketing, customer service, money handling, stock control and purchasing. There are also frequent opportunities for development of creativity, communication skills and ability to work as a part of a team. Social enterprises projects provide opportunities to develop your understanding of the world of work and can lead to establishing meaningful community links and supported volunteering opportunities.

Aims:

- To enjoy a fulfilling activity which promotes your mental health and wellbeing
- To develop communication skills
- To express ideas
- To work as part of a team
- To understand early skills of work, linking to a future volunteering opportunity

ACTIVITIES PROGRAMME



HORTICULTURE - SOCIAL ENTERPRISE



Gardening in our outdoor area of greenhouses and raised beds provides activities which can promote health and wellbeing, an appreciation of the outdoors and the opportunity to nurture plants from seedlings to fully grown. Our allotment, local to the site, can also be used to grow our own vegetables and herbs which can be added to your cooking sessions, seeing the process from soil to plate. As a social enterprise - annual hanging baskets, bedding plants and Christmas crafts, opens up the site for customers, providing a service to the local community and allowing interaction with customers.

Aims:

- To enjoy a fulfilling activity which promotes positive mental and physical health and wellbeing
- To work as part of a team
- To understand early skills of work
- Promote an understanding of the natural world

ACTIVITIES PROGRAMME



MUSIC - SOCIAL ENTERPRISE



This activity will give you the opportunity to express yourself and gain an understanding and appreciation of music. We enable you to participate in creation, and performance of all styles of music, by using technology alongside traditional instruments, in an accessible recording studio environment.

Sessions are personalised so that you can choose to gain experience of recording, writing, performing and editing in individual or group projects, or simply enjoy a jamming session using innovative technology such as soundbeam or iPads.

This social enterprise has helped the people we support to set up several Live acts, such as The Soundbeam Band, for public performances at venues such as The Sage, The Cluny2, Under The Dome Festival, and notably, regular appearances at Chase Park Festival, an accessible Music Festival based in Gateshead. People we support are invited to contribute to regular Group Projects too, where they choose a song as a Group, which they then learn, practise, record, edit, mix and film a video, for uploading to Youtube, as an output they can share with their friends and family!

Aims:

- To express your preferences through music
- Share an activity recognising the contribution of others
- To play a part in making music and producing an end product
- To make links with other community music projects and expand interests

ACTIVITIES PROGRAMME



MEDIA- SOCIAL ENTERPRISE



This social enterprise provides opportunities to get involved in multimedia activities and provides opportunity to work in an enterprise which produces real outcomes for the community and local businesses. Training and production practice is available in video format, high-end digital photography, digital and stop frame animation and web design with streaming video. There are lots of different roles for you to try out and get involved in, both in front of and behind the camera. These roles include The team at Hedleys Karten Media write, record and edit podcasts, which are then hosted on mixcloud. We host a range of podcasts from radio plays and music shows to documentaries on local history and sports discussions.

People who join us can develop their skills in:

- Writing, storyboarding, scripting
- Website design and podcast production
- Working as a team
- Recording and editing techniques
- Directing and production services
- Camera operation and lighting
- Sound recording, vision mixing
- Set design and building, makeup and special effects

ACTIVITIES PROGRAMME



PRINT - SOCIAL ENTERPRISE

This activity offers experience in a “real” commercial print works environment, interacting with internal and external business customers, the general public and local suppliers.

Activities are offering you person centred and individual development in a stimulating, supportive and vibrant setting, our project workers have the opportunity to try out a wide range of new and varied skills including: customer service, sales & admin, design and I.T, digital printing, bindery techniques, accounts, quality control, health & safety.

Aims:

- To produce a product for sale
- To meet customer deadlines by following plans and instructions
- To contribute as part of a team
- To express ideas and preferences





SENSORY PROGRAMME



SENSORY PROGRAMME



Our specialist sensory provision enables individuals to experience multi-sensory stimulation, which includes taste, smell, vision, hearing, touch, movement and balance senses. The Sensory Programme can be delivered on a group or individual basis and provides stimulating sensory, functional and meaningful activities.

The Sensory Programme is aimed at individuals with profound and multiple learning disabilities who may also experience communication difficulties. The activities are used to make meaningful connections to promote engagement and communication of preferences. Through these connections levels of engagement increase and through body language, vocalisations and physical actions people can express preferences, likes and importantly dislikes. Observation and recording of preferences can be used to inform future activities.

Experiencing an activity with a multi-sensory approach can enhance relationships with others, lift the mood or provide a calming strategy.



SENSORY PROGRAMME



The group activities are designed to encourage you to contribute through the experiences, to have a choice and gain control. Enjoyment through engagement in a purposeful activity provides cognitive stimulation and is essential to your health and wellbeing. You will benefit from a total communication environment.

Aims:

- Experience multi-sensory stimulation
- Increase opportunity for communication
- Benefit from a total communication environment
- Communicate preferences regarding sensory experiences
- Respond consistently to sensory stimuli to enable development of a sensory profile
- Build meaningful and positive relationships with others
- Develop anticipation of familiar routines and events
- Encourage involvement in a variety of stimulating activities
- Support enjoyment and positive experiences
- Encourage an active lifestyle



SENSORY PROGRAMME



TACPAC

TacPac[®] system uses music and touch to develop communication and interaction.

TacPac is particularly appropriate and effective for people we support who need predictable, focused sensations and experiences in order to process information and understand their world.

It is designed to support development of communication for people we support who use non-verbal methods of communication. It provides a structured, emotionally safe framework for the 'receiving partner' to experience touch and sound in a cohesive way. It also allows you to bond with your giving partner. During TacPac each sensory experience is matched with a specially created music track so what you hear and feel match – reinforcing a bond through familiarity and providing opportunities to communicate and to express preferences. It is also a fun and relaxing experience, where people we support and staff can enjoy focused interaction, one to one, in a calm environment.



SENSOLOGY

Sensology is used for sensory stimulation, which is the purposeful activation of the senses including taste, smell, vision, hearing, touch, movement and balance. It can range from promoting positive tactile contact (hand massage with lotion) to more complicated activities designed to provide a sensory experience. People we support are observed to identify how they react to each stimulus.

Sensology is used to support your awareness, engagement and to enable you to make preferences. Sensology can be an enjoyable way to awaken the sensory systems and can support individuals to focus and increase attention, develop your ability to control movements and to communicate with others.

SENSORY PROGRAMME



HOLISTIC/SENSORY MUSIC SOUND BEAM TECHNOLOGY

Just as taste, textures and colours aid sensory development, so does music. Exposing you to different types of music can help create more pathways in the brain. This helps to maintain gross and fine motor skills. Music can enhance mood and experiences, stimulates responses and communication through your body language and vocalisations. Soundbeam technology encourages active communication and engagement and is accessible for all. It allows people we support to experiment with sound through movement and vocalisations.

ART

Art is not only an activity where people can express themselves freely using a variety of mediums - clay, paint, textiles- but is also one that promotes a sense of health and well being. Activities may follow themes through the year and allow you to link your work to seasons or the music and pastimes that you are interested in. It can also promote physical movement and we use specialist equipment to make the sessions accessible.

SENSORY GARDENING

This activity will allow people we support enjoyment of being outdoors or in a practical activity the opportunity to grow flowers, plants, vegetables and explore the environment around you.

Senses will be stimulated by the textures, smells and sounds around you in the natural world and you can make choices of what to grow or explore.



SENSORY PROGRAMME



SENSORY KITCHEN

The Sensory Kitchen sessions are accessible to all people we support. This session focuses on the exploration of different tastes, smells and textures of ingredients.

You will have the opportunity to express your likes and dislikes, make requests, and are given choices to maximise communication and participation.

Independent work is encouraged throughout using assistive devices and promoting optimal engagement. This is a fun and sociably engaging activity

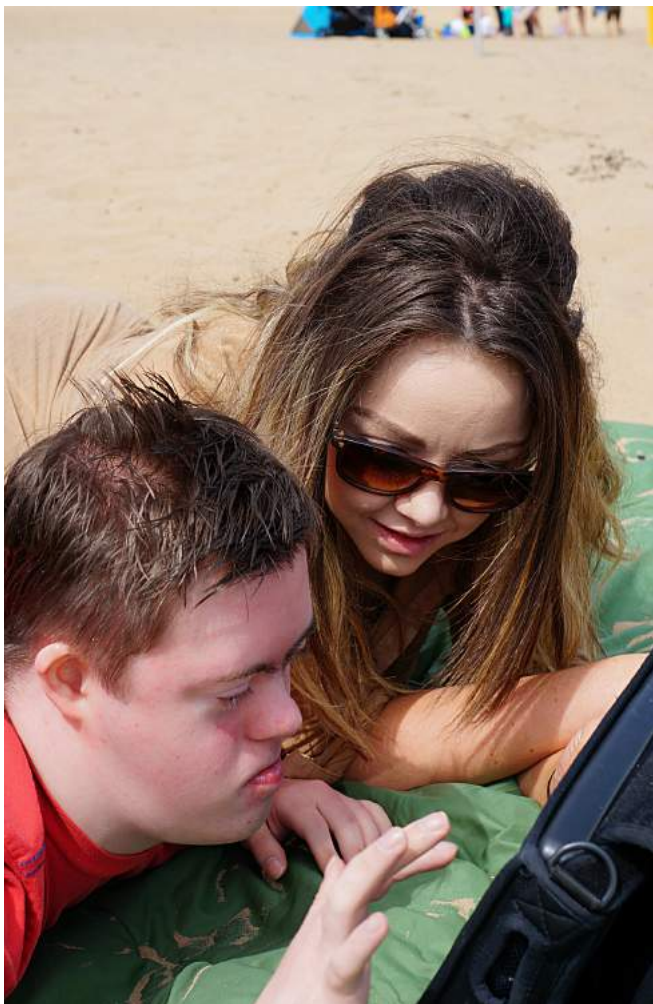


SENSORY STORIES

Sensory stories are interactive story-telling sessions, made accessible for people we support with diverse sensory and cognitive needs using various props and items that illustrate the story events.

For example, if it rains in our story, we might have a puddle of water in a tray to explore, or a spray bottle of water to feel the droplets on your skin. They are a fun, shared experience, that can be delivered 1:1 or as part of a group.

Stories are selected to be relevant and interesting to you, to reinforce key themes and concepts, and to encourage safe exploration of a range of sensations. These stories can also be delivered in the sensory room, using Sensory Guru equipment to add to the range of experiences we can offer.



SENSORY PROGRAMME



PERSONAL PRESENTATION

This activity can support you to develop and maintain your skills in taking care of your personal appearance.

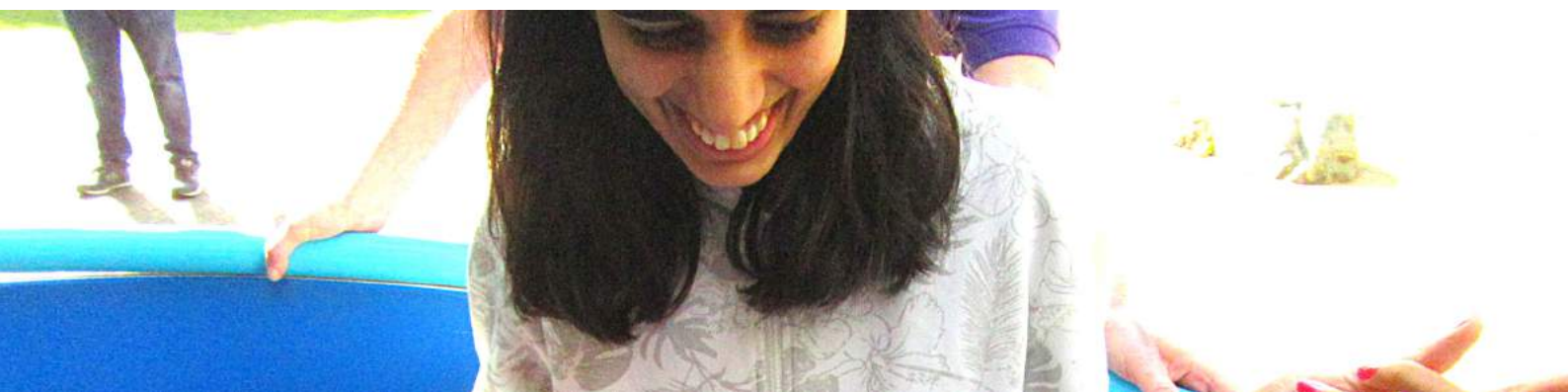
This activity can also include daily living activities training for instance developing the routine needed to brush your teeth. It can also be a source of relaxation and a chance to pamper yourself. Popular activities include foot spas, massage, manicures and hairstyling. Aromatherapy oils can also be used to invigorate the senses, aid memory, provide relaxation and improve sleep patterns.



INTENSIVE INTERACTION

Intensive Interaction is an approach to support people with complex communication difficulties, working with your pre-existing communication skills to develop the fundamentals of communication; including use and understanding of eye contact, facial expression and turn-taking.

It is a flexible and person-centred approach, so it can be adapted to meet your needs. The principles of Intensive Interaction are integrated into the activities, where staff interact with you by following their lead and engaging in communicative exchanges using vocalisations, body movements, facial expressions and gesture. By consistently being with you, joining in your actions/activity, and showing interest and awareness in a way you understand, staff and service users can build relationships and common understanding. This foundation for communication allows for further development of communication, interaction and relationship building.



SENSORY PROGRAMME



DANCE MASSAGE

Dance Massage is an experience that uses music as its main focus to encourage communication between you and your Dance Massage partner. A variety of sensory objects/tools are explored on different areas of the upper body and hands along to the rhythm and beats within the preferred piece of music. Dance Massage allows people we support who would not normally be able to access dance, a unique, tactile dance experience and offers a wealth of opportunities to develop sensory integration.

YOGA

With staff specifically trained in Yoga for people with learning disabilities, this activity can support the alleviation of anxiety, stress, depression and low self-esteem. Yoga is used therapeutically to support self-regulation, motor planning and co-ordination and to help you build body awareness in a practical and compassionate manner.

REBOUND



Rebound is the use of trampolines to provide therapeutic exercise, movement and communication opportunities, recreation for people with a wide range of people we support. Sessions are run by trained staff who have completed their accredited Rebound Therapy training course. Where appropriate individuals can use the Winstrada development programme to achieve certificates.

SENSORY PROGRAMME



COMMUNITY EXPLORER

This activity recognises the importance of accessing local communities to stimulate the senses and expose you to a range of new experiences. With support you can research new activities to try linked to personal interests. Thought will go into travel, we are fortunately placed to use public transport to many North East attractions and sometimes the journey itself can be just as important to stimulate the senses and add to the experience.





BESPOKE ASC PROGRAMME



BESPOKE ASC PROGRAMME



Hedleys Horizons can offer a bespoke programme to support people on the Autistic spectrum or where support is needed to help manage anxieties and behaviour that can be challenging.

This programme is person centred and will look carefully to meet your needs of each person. Any of the activities on offer in this brochure can be adapted so that they take place in a much smaller group or on a one to one basis.

These activities may all occur in one place so that you can feel safe in a space that is consistently for your use. Quiet rooms are available for a low arousal environment. A specialist sensory integration space is available and can be used on an informal basis throughout the day as needed. Two specialist sensory rooms can be accessed that use Sensory Guru technology to tailor the experience to each individual.



BESPOKE ASC PROGRAMME

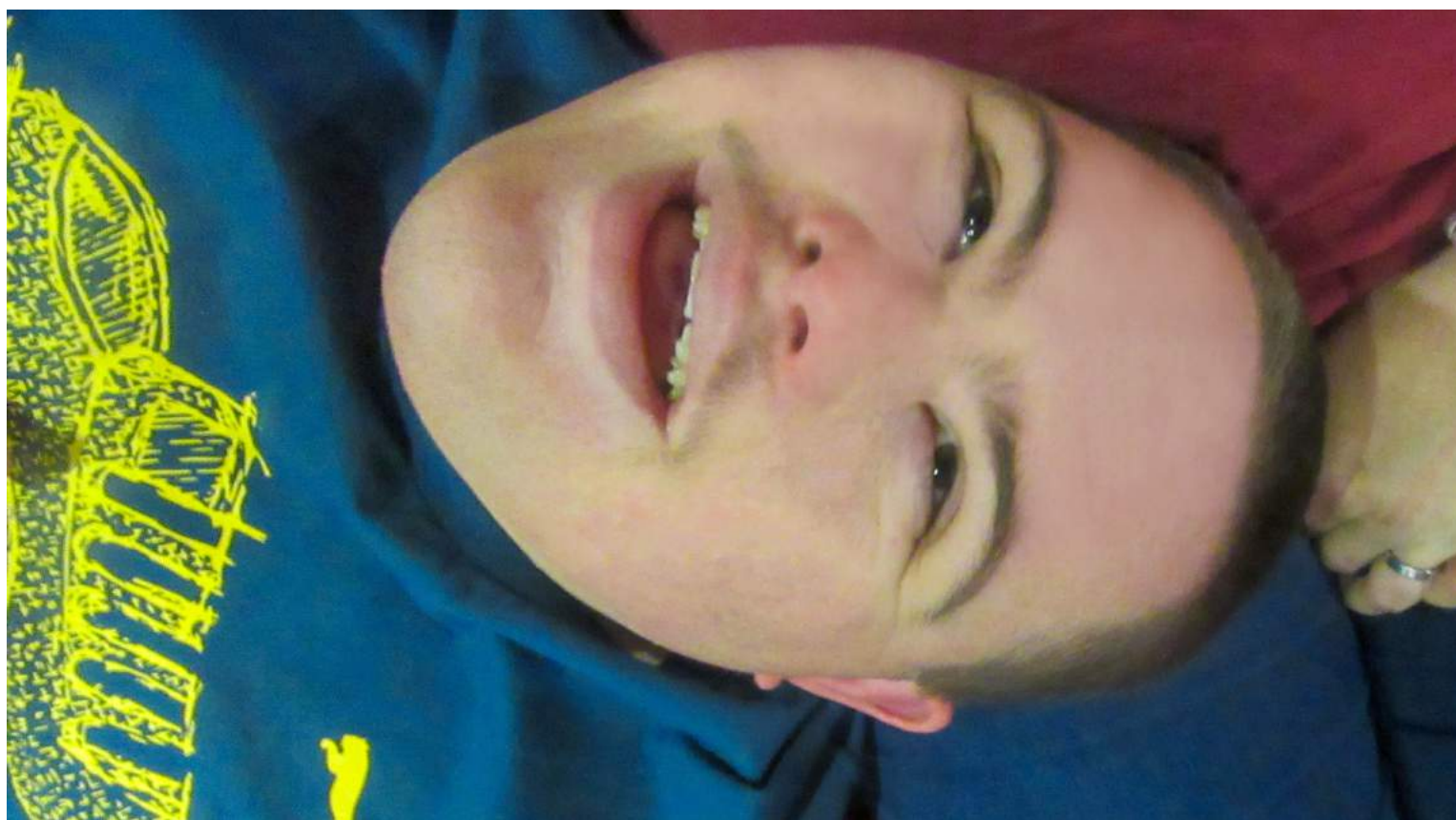


Community access can also be very important and we have our own transport if the use of public transport is not appropriate. We access local leisure facilities or go hiking in the surrounding countryside. We access a successful programme in Northumberland offering outdoor learning such as bushcraft skills, experiencing nature and practical hands on woodwork activity.

We have a team of highly skilled and experienced staff ready to deliver bespoke programmes, work with families, social workers or care managers to build a package that is holistic and person centred. Staff are trained to utilise a total communication approach to build relationships and structure.

Aims:

- To develop communication skills to enhance daily life
- To achieve a well balanced meaningful sense of self
- To support health and well being
- To self-regulate with support to manage anxieties
- To build positive relationships with others
- To access the community and enhance a feeling of belonging to a community
- To make choices that will give control over their own lives
- To build support networks for individuals and their families



INTEGRATED THERAPY



We provide an integrated approach to ensure the therapeutic strategies and aims are implemented throughout the day in order to provide maximum opportunities for service users to develop their skills. A strong partnership with parents/carers helps the transition from the Horizons environment to home, accessing the local community and beyond. We provide training, advice and feedback to support staff to implement each individual's specific therapy interventions to achieve positive outcomes.

PHYSIOTHERAPY

We aim to empower the people we support to improve their quality of life, and promote a positive attitude towards health and wellbeing. Based on clinical assessment of needs, we provide tailored programmes that include interventions such as hydrotherapy; rebound therapy; individualised programmes and group sessions. We offer a fully integrated approach to physiotherapy, collaborating closely with other therapies and staff to effectively integrate into each day. This provides the people we support with greater opportunity for regular physical activities such as postural realignment, stretching, strengthening, exercise, and mobility programmes. We also manage and treat people with high medical needs, for example tracheostomies and supplementary ventilation. We train staff in various treatment techniques and handling skills to ensure the service user receives the optimal level of care.



INTEGRATED THERAPY



SPEECH AND LANGUAGE THERAPY

A team of Speech and Language Therapists (SLT) work across Hedley's Horizons to provide individual, small group and integrated therapy approaches for funded service users based on clinical assessment of needs. The team support individuals with a range of complex communication difficulties, including those associated with multiple and profound learning disabilities, cerebral palsy, acquired and progressive neurological disorders, hearing impairment, visual impairment and Autism Spectrum Conditions.

The SLT team work as a part of a multidisciplinary team alongside support staff, Physiotherapy, Occupational Therapy and the nursing team to ensure that service users receive a holistic and integrated therapy approach.

A Total Communication approach is provided and ensures that all methods of communication are acknowledged and supported. The SLT team provide support and training for a range of augmentative and alternative communication systems, including Voice Output Communication Aids (VOCAs), picture symbols and signing systems, depending on the need of the individual. Therapy is integrated into all aspects of the environment to ensure that service users are supported to develop their communication and social skills.

Dysphagia qualified SLTs are available on-site to assess, monitor and manage individuals' eating, drinking and swallowing difficulties (dysphagia).

Support staff attend eating and drinking awareness training delivered by the SLT team, ensuring they are aware of signs of difficulty and how to support safe and enjoyable mealtimes.



INTEGRATED THERAPY



OCCUPATIONAL THERAPY

Occupational therapy can undertake an assessment of people we support and make recommendations for proposed intervention to support optimal engagement and independence in their activity or sensory programme. Intervention may be on a group or individual basis. Occupational therapy also provided staff training with regard to assistive equipment, moving and handling, eating and drinking, and supporting those with sensory processing difficulties.

The aim of occupational therapy is to:

- Enable people to maximise their independence in meaningful personal, social and domestic activities, to support their engagement in everyday life
- Assess for and recommend task-specific adaptive and assistive equipment and technology to enable maximum, safe engagement
- Assess and develop individual programmes to support those with sensory processing difficulties
- Promote choice, autonomy and psychological wellbeing
- Promote functional seating and posture management
- Develop wheelchair driving skills and wheelchair management
- Develop and maintain fine motor skills
- Develop self-care skills, for example personal hygiene activity analysis and development of individualised programmes
- Assess and promote safety and independence with regard to eating and drinking management
- Promote engagement and independence in practical skills and domestic activities of daily living
- Promote participation in social and group activities
- Promote safe and access to the community
- Promote safe and/or increased independence in road safety and travel training



HOW TO APPLY



BOOK YOUR INITIAL VISIT

If you have a provision of an individual care plan and/or access direct payments, have a personal care or health budget, you maybe able to use it to access our services. Please discuss your interest in Horizons with your Social Worker and/or Care Manager.

If you would like to find out more about our services please feel free to give us a call. You can also book your initial visit.

To book your visit you can call us on
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Inspire

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