



Come and join us on Flexible Futures!

Specialist daytime activities for people with disabilities, including sight loss.

Flexible Futures is our daytime activities programme for people with disabilities, including vision impairment.

Flexible Futures offer you opportunities to:

- develop your independence
- prepare for work, volunteering or training
- build your personal life skills
- learn about looking after yourself
- enjoy community facilities and activities.

You'll gain vital experience in our College enterprises and out in the community. Our enterprises include:

- Bell Bar café
- conference centre
- eBay shop
- craft studio
- arts centre
- college office



Achieve with us

We work together with you, your family and support worker to identify what outcomes you'd like to achieve. These could be:

Preparing for your next step

You could prepare for work, future volunteering or to be ready to do some training. Flexible Futures can give you vital experience in real business environments. It will also help you to develop practical communication and numeracy skills.

Developing your personal life skills

We could help you build your life skills, giving you the opportunity to use public transport, cook and prepare food for yourself, spend and budget your own money and make your own decisions.

Accessing the community

We can support you to use and make the most of the community, getting involved in everyday life with shopping, social and leisure activities.

Health and well being

You'll learn about staying healthy. You can choose to get involved in activities to help maintain a positive mind and body such as singing, sports, gardening, relaxation therapies and arts and crafts.

Staying safe

You will be supported to manage risks to keep you safe.

We'll work with you to ensure that suitable goals are set and regularly monitor your progress towards your chosen outcomes.



Liam's story

Liam began attending Flexible Futures in 2013. When he first started, Liam didn't socialise with his teachers or other young people. He also found getting from one place to another extremely difficult. He couldn't tolerate noise and struggled having people in his personal space. He often behaved aggressively towards anyone who came too close to him and his family found his challenging behaviour difficult.

Liam's goal was to be able to access community activities. To reach this goal, Liam and his key worker agreed targets to help him take control of his behaviour and build his confidence to explore new environments. He worked on his individual targets in the College enterprises, particularly the café.

Liam made progress in small steps. He began by using a communication book to tell staff when he was feeling anxious and gradually was able to tell them verbally.

Initially, taking Liam out in the community was a potential risk, both to others and to his wellbeing. To ensure no one was at risk, an individual risk assessment was set in place. Staff supported Liam to start with very short journeys to the post office for our eBay enterprise, gradually going further afield into Loughborough.

Liam now communicates well with other people and has developed coping strategies for times when he finds things difficult. He is far more vocal and is generally a much happier person. He now has the confidence to try new things. He can go on public transport and even went on holiday with his family last summer.

“The college have given Liam their full help and support at all times. He now tells us when he needs more space and if he doesn't want to do something.

“The staff have been very patient and worked with Liam at his pace rather than try and force him to do things. Attending RNIB College has been the best thing for Liam and we are so pleased with everything they have done for him.”

Karon, Liam's mum



You could achieve your outcomes through:

- cooking and serving food in our café
- making greeting cards to sell in our shop
- baking cakes to sell
- using IT in our Office or eBay business
- learning about meal planning and healthy shopping
- using community facilities
- attending sport classes at our local leisure centre
- learning hand massage and other relaxing techniques
- plus so much more!

We aim to encourage you to make choices and your own decisions. Opportunities to do this could include: working in teams to decide what products to make, choosing what food to buy at the supermarket and other ideas you might have. The focus is on building independence skills, so that you are able to do more for yourself.

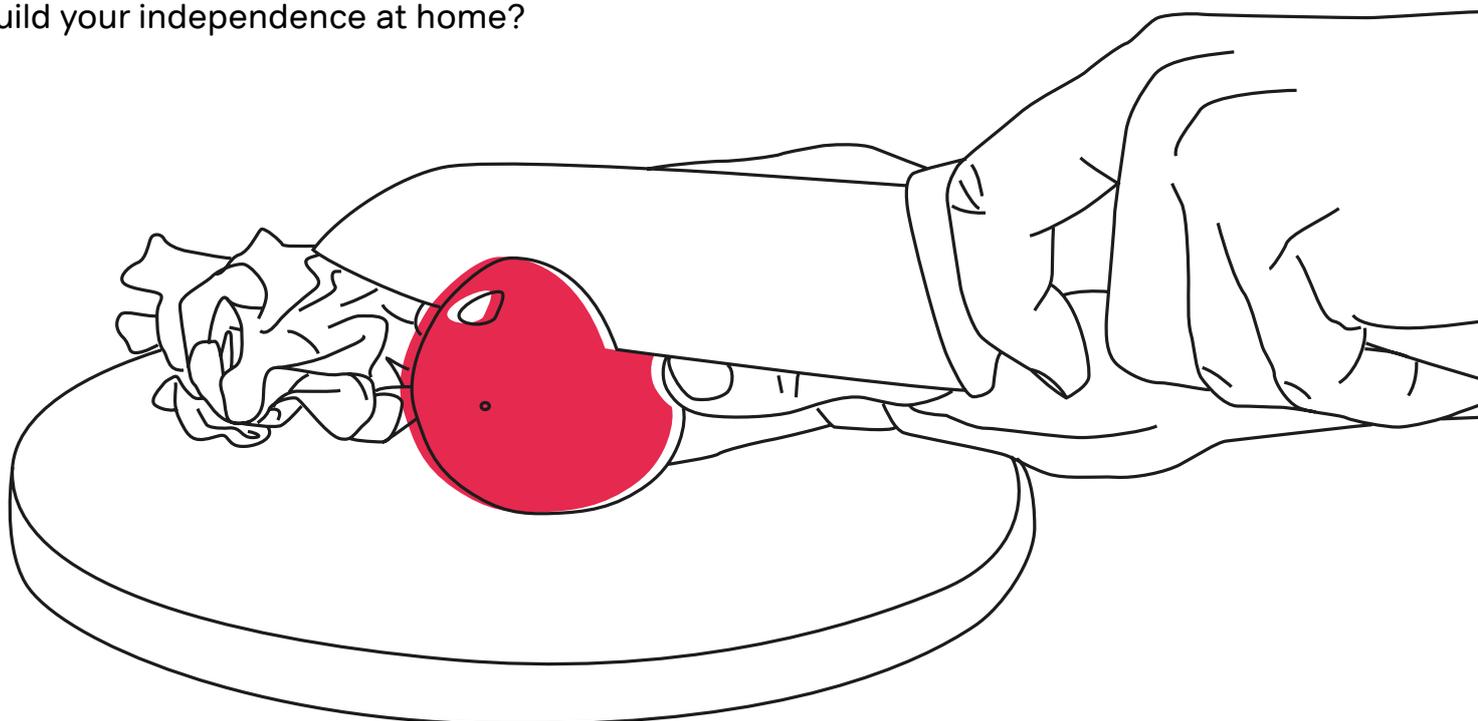
At lunch times you'll have the opportunity to join with friends for karaoke, games or choose your lunch and relax in the café.

Why not apply for a package of overnight stays at our Stan Bell Centre to help build your independence at home?

Personalised support

Our specialist support is personalised to suit your ability. For some this could mean verbally working within an enterprise, for others the focus could be on engaging with others and enjoying sensory experiences. This could be smelling ingredients to make a cake, feeling materials to make crafts or jewellery in our shop.

By working closely with you and your family, we'll make sure you achieve your goals. We'll offer you activities that will help you develop the skills you need, but are also challenging and fun! We're able to provide a programme to suit each individual, including support in the community or in the home. You may need support to enable you to cope with personal stresses and life changes, so you'll have nominated staff members to speak with.





Alex's story

Alex uses a wheelchair and has very specific needs. She needs support with her speech and communication. This also includes support in eating, drinking and hoisting for personal care.

Alex wanted to participate in stimulating activities with people her own age and to build friendships. She has attended our Flexible Futures programme since 2013 and hasn't looked back since.

When Alex first started attending Flexible Futures, we ensured that we had all care processes and trained staff in place to be able to support her properly. We paired her with support staff trained in manual handling and who had experience in non-verbal communication. Our staff were able to identify ways in which Alex could make decisions and actively participate in our enterprises.

Since taking part in our Flexible Futures programme, Alex has grown in confidence within our enterprises and out in the community. She enjoys working in the kitchen making cakes and choosing between flavours and smells. She also likes deciding what background to use when photographing items to sell in our eBay business.

Alex also now has the confidence to go to cafes with friends, go on shopping trips and visit local leisure facilities. Before attending our activity day sessions, Alex used to only travel by car, but now has the confidence to use public transport to get about.

Her parents have also noticed a change in their daughter at home.

“Alex has become so much more sociable, verbal and confident, she loves being given a choice which in turn makes her feel she is in control of things. Alex also seems to laugh and giggle so much and the staff are wonderful, helpful and always on the ball.”

Sending Alex on RNIB College's Flexible Futures programme is the best decision we ever made.”

Margaret, Alex's mum

Needs we support

- Vision impairment
- Learning difficulties and disabilities
- Autistic spectrum disorders (ASD)
- Physical disabilities
- Communication difficulties
- Mild hearing problems
- Additional healthcare needs, such as epilepsy
- Additional emotional and behavioural difficulties



How much does it cost?

Prices are based on your individual need. If you don't currently come to us we will need to confirm that we can meet your needs and identify your support levels. Once we've done this we can offer you a place and prepare a quote.

You may be able to apply for Social Care funding or use your personal budget to pay for our Flexible Futures programme. Please speak to us if you don't currently receive Social Care funding.

You may also be interested in our early bird and late stay service (from 8am until 6pm). This will be a chargeable service that we will be operating each day.

Apply today!

For more information and to apply:



01509 631220 or



enquiries@rnibcollege.ac.uk

We look forward to hearing from you soon!

Flexible Futures also runs throughout the summer.

Are you under the age of 25?

Find information on a wide range of issues important to blind and partially sighted young people, including those with additional disabilities.

Visit our website:

www.rnib.org.uk/youngpeople

RNIB Helpline 0303 123 9999
helpline@rnib.org.uk

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