

Futures

inspiring and empowering young people

PROSPECTUS



Registered charity number 1000792





Contents

• Welcome from the CEO of Autism Unlimited	3
• What is Futures?	4
• What's it all about?	5
• Our personalised learning programme	6
• Employment and careers guidance	7
• Friends relationships and community	8
• Independent living	9
• Health	10
• Key information	11
• How to apply	12
• Location	13



Welcome from our CEO

Futures is an exciting new provision supporting the needs of young people moving into adulthood when they leave school or college.

Our aim is to engage, inspire and empower young people to become active contributors in their local communities. We do this by offering tailored learning opportunities, work placements, employability skills and supported housing experiences.

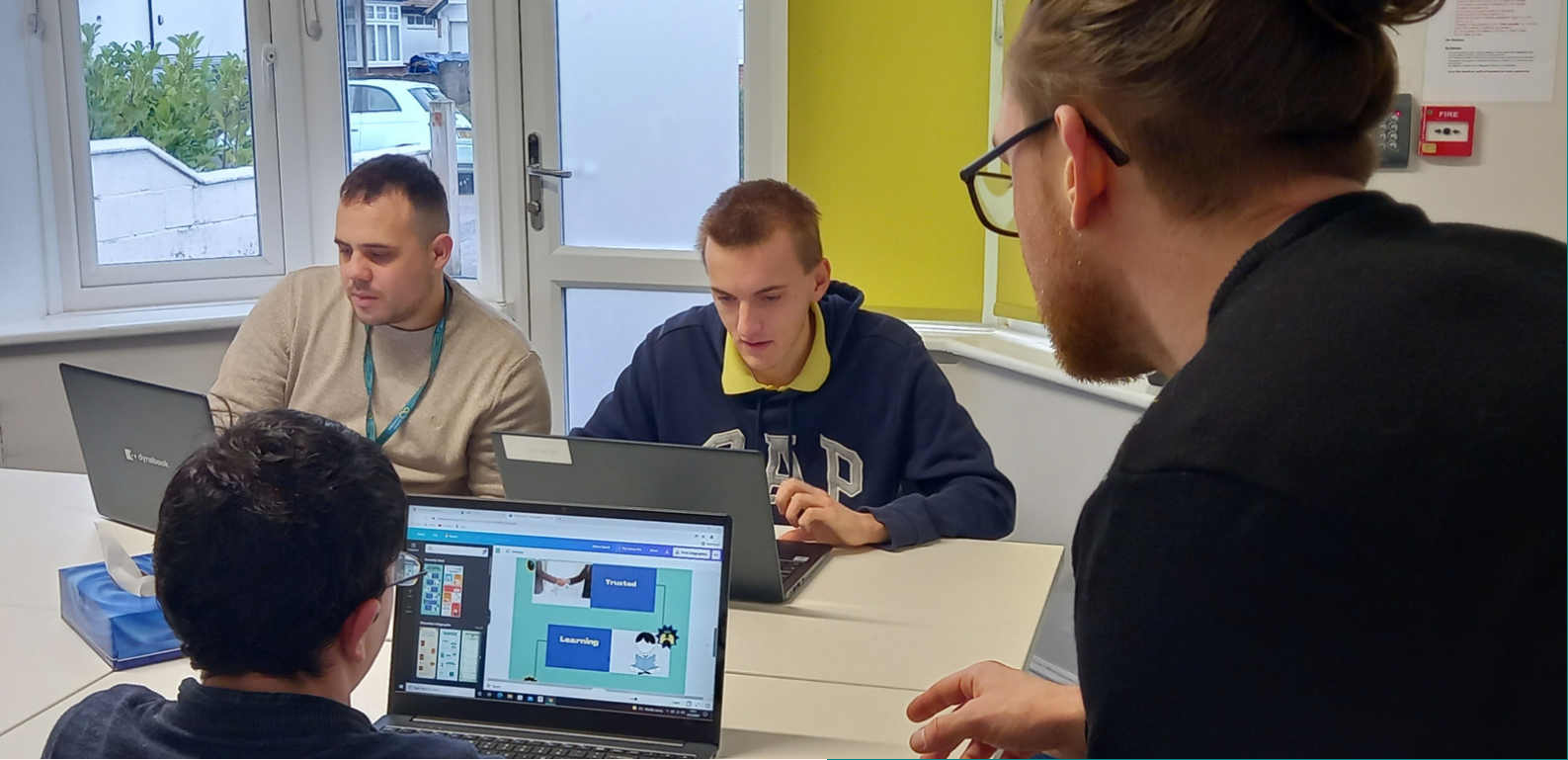
We create exciting plans with our learners and then they benefit from a bespoke programme built around their aspirations and hopes.

We look forward to welcoming you to Futures.



Siún Cranny
Chief Executive





What is Futures?

Futures is a new provision for 18 - 25 year olds with learning disabilities under the umbrella charity of Autism Unlimited. This personalised study programme enables learners to live and learn in their local area, exploring opportunities for work on a voluntary or paid basis.

As well as employment, our programme prepares young adults to live as independently as possible, through experiential learning, using the Preparation for Adulthood outcomes.

”

if you
dream it
you can do
it.

What's it all about?

What do we do?

At Futures, we prepare young adults for adulthood and all that it involves. We help you to develop the skills needed to manage effectively, build resilience when things go wrong and make informed choices. This programme is about providing clear and up to date information about the local area and helping you to access things that you want to do. Our focus is on providing positive outcomes for young adults ready to move into their communities with confidence.

How do we do it?

Our team is here to build the knowledge and skills needed by delivering daily independence skills and challenges. It is somewhere where it is okay to make mistakes and learn from them, ensuring that you are able to experience all there is to offer in a safe and supportive environment. You will have a person-centred Futures plan that describes your needs and aspirations. This links to your education, health and care plan and ensures that your targets are relevant, considered and met.

What will the benefit be for you?

We aim to inspire and empower you to take control of your life, manage your own finances, make decisions about where you want to live and work, and how to engage and have fun in your social life. Development takes place in adult settings and is about living life to the full and being part of the community. Our aim is to enable all young adults taking part to be able to make informed choices about what they want to do and decide how they want to develop their futures.

Our personalised learning programme

We use the preparing for adulthood outcomes to build our curriculum and focus the delivery on each learner achieving their individual aims.

English and Maths are embedded in the delivery ensuring you are able to manage money and develop functional independence skills (such as shopping) needed to be part of your local community.

Learners are overseen by the Futures Lead assisted by Futures Coaches who are the personal link to individual learners, enabling you to develop your personal timetable and interests, and achieve your aspirations.

You have the opportunity to complete work, access supported housing experiences, participate in local community activities, and develop and maintain a healthy lifestyle.

The provision is focused on developing personal independence skills, confidence, and self-esteem, with the potential for vocational skills qualifications to be studied if appropriate to your needs and aspirations. This could be linked to employment such as supported internships or traineeships.



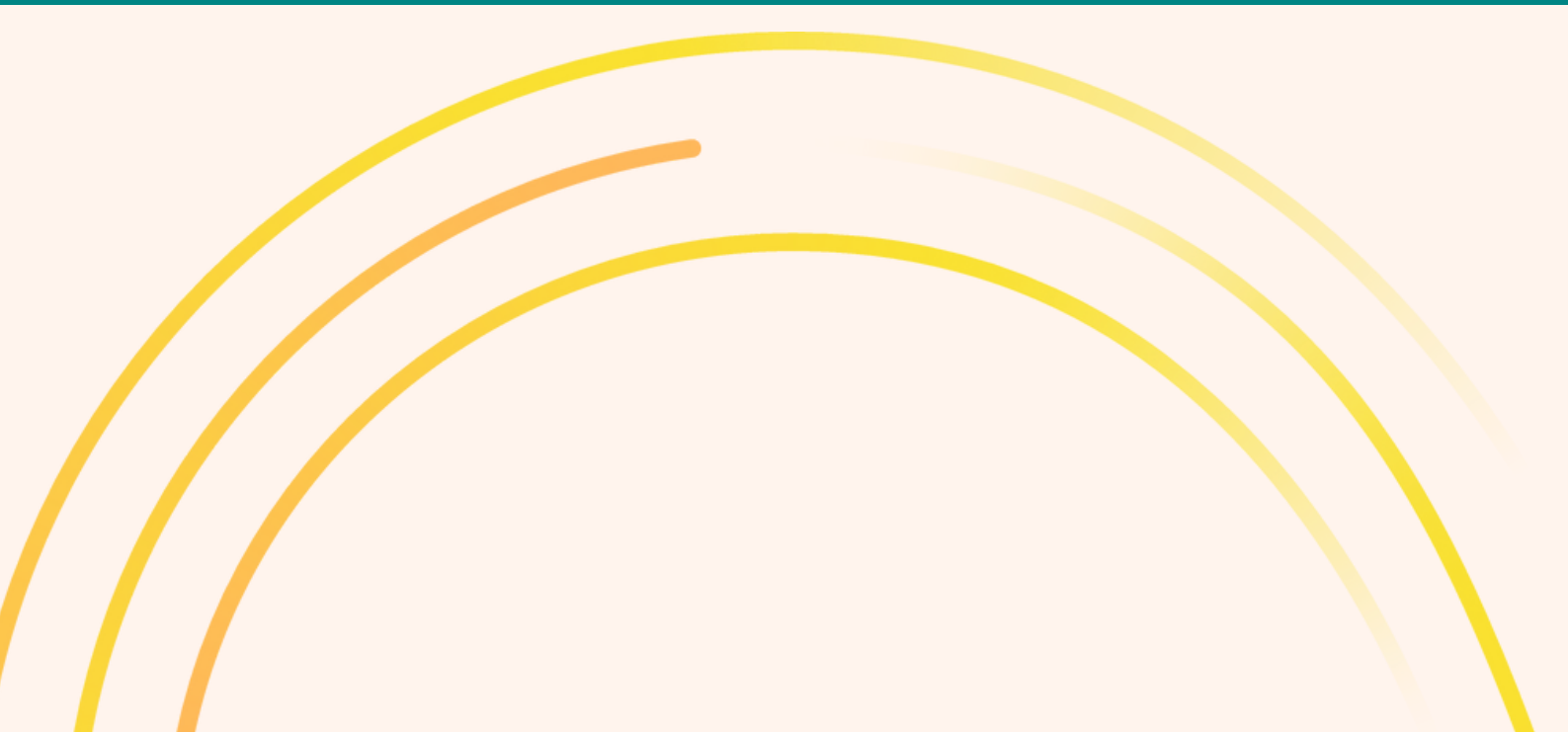
Employment and careers guidance

As part of your programme, you will be exploring opportunities for work on a voluntary or paid basis. You will share your interests with us and work with us to relate these to the workplace, researching and expanding your knowledge of the roles you could do.

Using a step-by-step process, from initial ideas and applications, to interviews and appointment, you will explore the key aspects of job searching and sustaining a work placement whilst developing the skills to be a successful and valued employee.

Your Futures coach will support you in your preparation to travel to work and in the workplace until you are confident to work on your own.

Careers guidance and support can be provided by an independent advisor and by the Futures team, with opportunities to work with a range of employers and external organisations.



Friends relationships and community

Friends and a social life are very important to us all. At Futures, you are given the chance to explore your local community, follow hobbies, and attend fitness, social and learning groups, depending on your personal interests.

We work with you to find out what you are currently involved with or have aspirations to try, and support you to find out where activities are taking place and how to access them. There are opportunities to explore new or shared interests with others to widen your knowledge and understanding of what is available locally.

We are able to work with specialists such as local artists or musicians to develop creative and therapeutic activities that will increase wellbeing and self-esteem, so that you can celebrate progress and developing your sense of achievement.



”

be patient and
trust your
journey.

Independent living

We prepare you to live as independently as possible, whether that is at home with your parents or carers, or in a range of supported housing settings. We are able to do this through a Futures base which is a four bedroom detached house in a residential road in Christchurch. Planning your travel and learning programme is an important part of this experience.

During your programme, you will have the opportunity to participate in the supported housing placement at different times and for different lengths of stay throughout the year. You will live in the house with support, and plan, prepare, cook, clean, go to a work placement as well as social time, to truly experience what it would be like to live away from your family.

If you would like to move into supported housing at the end of the programme, we will support you to work with social services to access this where possible.

You will develop new independence skills which will enable you to be more independent living in a family setting, if you decide that supported housing is not what you would like to do.



individuality is
your greatest
strength.

Health

We all want to stay fit and healthy and everyone at Futures is supported to access local health centres, doctors, dentists, and well-being support groups to achieve this for mind and body.

There is a healthy living focus on the community day where all learners share responsibility for planning, shopping and preparing healthy meals.

When you aren't cooking, there are physical activities to get you out and about in the local community and finding out about clubs you can join.

Good health and mental wellbeing runs through everything that is offered and you are encouraged to talk and develop positive relationships with staff and other learners.



”

the purpose
of our lives is
to be happy.

Key information

Attendance

One or two years, dependent on previous experience and level of existing skills.

Hours

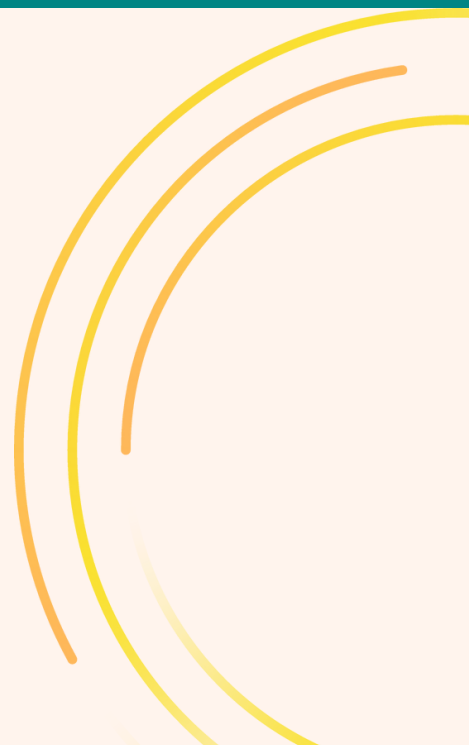
9:00am- 3:30pm three days a week, with flexibility to suit other activities outside the programme as needed.

Qualifications

You will have the opportunity to complete work and other vocational qualifications/ experiences as appropriate to your needs and aspirations.

Support and Staff

You will be supported by the Futures Lead and Futures Coaches throughout your programme. You will have a coach matched with you to assist with progress and offer regular 1:1 support with regards to your learning and aspirations.



How to apply

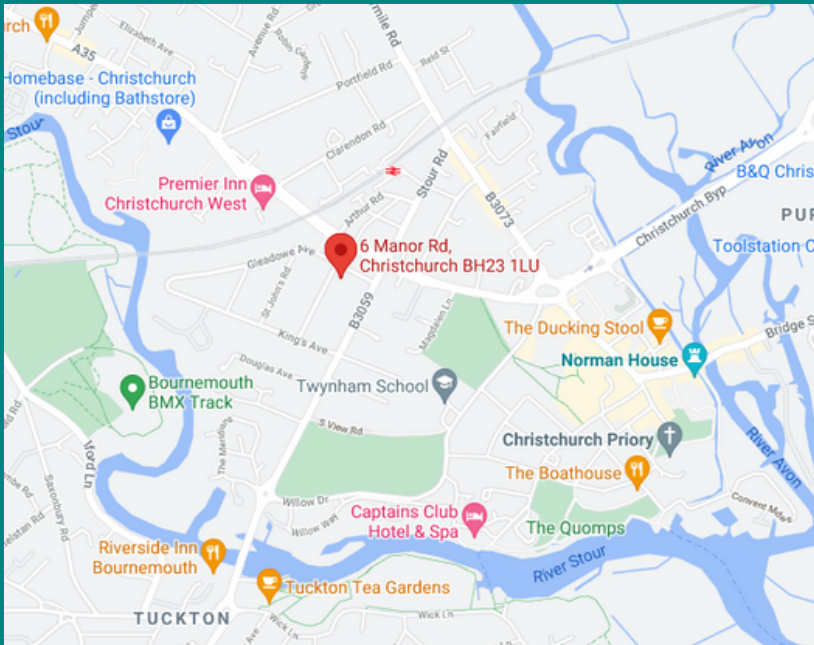
You must have a current EHCP in order to apply. If you would like to join the Futures programme, please contact us at: futures@autism-unlimited.org or speak to your Education Case Worker and they will send us a referral for a placement.

You will be invited to an assessment where we will learn more about your aspirations and what you are looking to gain from the programme.

If we are able to support your needs, we will confirm placement to the council and give you the opportunity to meet with the Futures staff before you start.



Location



6 Manor Road,
Christchurch,
Dorset
BH23 1LU





A new beginning,
A fresh perspective.

Accepting **new** applications now

Futures@autism-unlimited.org

Contact us now for further information.