

## OUTREACH SERVICE



### **All about us**

Working within services that are Ofsted regulated.

Tudor House and Drove Road are both residential services covering respite and full time care for children and young people with disabilities, challenging behaviours, physical and learning disabilities.

Working within the Councils inclusive culture and policies.

Outreach aims to provide opportunities within the community to access a variety of activities and experiences.

Enjoying a variety of inclusive activities with other children and young people in the community.

These include, parks, playgrounds, swimming, bowling, cinema, theatre, woodland walks, train journeys, public buses, access to Outreach vehicles for some of our sessions with the children and young people.

### **Lead Support Working**

Children and young people are allocated a Lead Support Worker whose role is to collect information about them by undertaking home visits with a Senior Care Officer, where they will often meet the young person with their parents/carers. They will also go to the schools/colleges to observe the child/young person in different settings. The lead support worker writes reports and attends meetings and reviews regarding the child/young person. They are responsible for recording what is done on each session and to keep files up to date. They also liaise with other

professionals and keep them up to date with any issues. We also liaise with residential services if the child/ young person is using both services.

## **Our facilities**

### Outreach Base

The Outreach service no longer has a base at Drove Road, but has access to a flat and the grounds of the Cedar Centre school in Hollingdean.

### Outside Area

There is a large playground which has a basketball court as well as an outdoor gym, some bikes and other outdoors equipment. The Eco garden is an opportunity for young people to grow plants/ vegetables/ fruits which could be harvested to either take home or cook on site.

There are also playing fields opposite the school that lead onto the Downs, a local skateboard park and playground.

### Activity rooms

There are several rooms that are being set up to simulate 'a living flat'; this will help to encourage the young people to learn new life skills.

Access to arts and crafts activities where the children and young people develop their fine motor skills by making pictures with paint, crayons, felt tip pens and cutting, gluing and using a variety of tissue paper, glitter, and other crafts with supervision by staff. There are display boards in the Outreach flat and some children and young people like to take their pictures home.

### Kitchen

The kitchen is fully equipped and many of our children and young people enjoy shopping for ingredients and cooking both sweet and savoury foods, which they share with the other young people and staff. There is often enough left to take home for parents/carers and siblings.

### Vehicles

Outreach has access to two vehicles, both people carriers, which are used to transport some of our children and young people during their sessions. This means that we can access places in the wider community and it means that children and young people who are not able to access public transport have the opportunity to go out and about.

## **Activities and Opportunities**

### Exercise

The children and young people have opportunities to go for walks along the seafront, in the woods and parks of Brighton and Hove and in the surrounding areas. This gives them the opportunity to spend time in the countryside or by the beach, where they can benefit from fresh air and exercise whilst energetically enjoying their surroundings.

They also have the opportunity to go to both local swimming pools and those that are further afield. For some of our children and young people it is a major achievement just getting them to a swimming pool. Many of our children and young people enjoy swimming as a regular activity on

their Outreach sessions. It is beneficial for them to mix with other children and people and they are well supported by Outreach staff. This activity promotes their health and well-being and helps them to grow in confidence and proficiency in the water.

Local parks and playgrounds offer the opportunity for our children and young people to play on the equipment and to socialise with other children and young people. Many of our children enjoy playing ball games, which are good for their motor skills, sharing and for learning how to be part of a team. Football is a particular favourite with several of our children at the present time.

### Enjoy and Achieve

Children and young people have the opportunity to access public transport during their Outreach sessions. This gives them a sense of independence as much as possible through being supported to purchase their own tickets and helps assist with social opportunities by mixing with the general public.

Within their Outreach sessions the children and young people also have the opportunity to visit local museums, galleries, theatres and cinemas. Many of our children and young people enjoy visiting these venues and they are very important in helping them develop their social skills. As much as possible their sessions are linked up with other children and young people so that they can benefit from mixing with their peers and taking part in various cultural events in Brighton and Hove and the surrounding areas. These are stimulating and worthwhile activities that are of great benefit to our children and young people.

### Achieve Economic Wellbeing

The children and young people also have the opportunity to visit cafes where they can improve their social skills. They have the opportunity to choose, order and pay for their drinks and snacks and to sit and enjoy them in a social situation, perhaps just with their Outreach worker or with other children or young people who they may have a linked session. This gives them valuable time to mix with other children and young people and also learn how to look after money and pay for what they have chosen. This is a valuable life skill and some of our children and young people are not used to visiting these venues so they have to be introduced to them gradually until they feel confident and able with the help and support of their Outreach worker to take part in and enjoy the experience.

We also take our children and young people shopping. This may be to a supermarket to choose ingredients to do some baking in the Outreach flat or to buy items for the garden. The children and young people carry the basket, choose the items, pack them in a bag and pay for them. We then take them back to the Outreach flat to do some baking or to do some gardening. This is another important way of enhancing their life skills.

### Arts and Crafts

As well as visiting museums and galleries our children and young people have the opportunity to draw, paint and be creative using both traditional methods and also specific programme designs on the computer. These are all useful for developing fine motor skills. We have many budding artists among our children and young people.

We have display boards where their work can be put up in the Outreach flat and some children and young people choose to make things and take them home. The children and young people also enjoy making and playing with Play dough and this helps them with their sensory needs. We

have a talented and creative staff team who support our children and young people in their artistic endeavours.

### Health and Well Being

Within the Outreach sessions we provide healthy snacks both in the flat and in the community. We also encourage the children and young people to make healthy food in the Outreach kitchen. We encourage children and young people to walk and take part in physical activities as much as possible and according to their abilities.

Swimming is an activity that many of our children and young people enjoy and it can often be an achievement for the child or young person to access and experience this leisure activity when they have challenging behaviour.

### Promoting friendships with peers

Where possible during Outreach sessions we try to have linked up sessions with the children and young people and this gives them the opportunity to share experiences, develop empathy and social skills, and to build friendships.

### Adhere to health and safety policies

All young people have risk assessments which are put in place when they start using Outreach services, and these are regularly reviewed. All activities are also risk assessed to ensure the safety of the children and young people. All staff have training in first aid and this is regularly refreshed. Staff are also trained specifically in working with challenging behaviour, PROACT-SCIP (Strategies for Crisis, Intervention and Prevention).

### **Working together**

#### With parents/carers

We work closely with parents and carers to develop a supportive and structured service for the children and young people. Lead Support Workers provide a link between the child/young person, family and other services and this enables us as a service to provide the best possible outcomes for each young person.

#### With schools

We liaise with the schools when a child/young person comes into the service and this relationship is ongoing throughout their time with the service.

#### With Health Professionals

We liaise with a network of people including speech and language therapists, CAMHS (Child and Mental Health Services), and social workers at Seaside View .

### **The Team**

#### Committed and dedicated staff team

There is a Practice Manager, two Senior Care Officers, five contracted Home Care Support Workers and a pool of sessional and relief staff. As a requirement of post all contracted home care support workers have NVQ 3. The manager and seniors as a requirement of post have the QCF 5 qualification.

We have staff who work in other settings within the Children's Disability Service who have a

wealth of knowledge and experience. They are flexible with providing sessions for the children and young people taking into account their needs and abilities and choices.

### Mandatory Training

All Outreach staff have mandatory training which includes: First Aid, Safer Handling, PROACT-SCIP, Risk Assessment, Safeguarding, Food Safety, Fire Safety, Administration of Medication.

Other training includes Makaton, Autism training, British Sign Language and a variety of other training which is pertinent to the work, including PECs systems.

### Diverse skills and strengths within the team.

We have a staff team with a variety of skills which include photography, dance, circus skills, arts and crafts, gardening. There is a broad range of ages within the staff team who have a wealth of life experiences which in turn enrich the lives and experiences of our children and young people.