

## Appendix 3

### The New Day Offer – Local and National Good Practice Ideas and Examples

The following ideas and examples, many of which have been identified during the engagement period, are designed to offer some insights into how a future day offer could be configured to meet the principles outlined. They are not specific examples that are being considered or planned.

The examples are categorised under the most appropriate heading but may also have application under other headings.

1. Promote and maintain independence in a way which is personalised, flexible and responsive
--

- Bristol Shared Lives offers day opportunities (in addition to respite and long term accommodation) which are individual, flexible and delivered in people's own homes, in a family home or in the community.  
[Bristol Shared Lives Day Opportunities](#)
- Bristol Charities offer a community outreach service that is an individually tailored service offering support with daily living skills and activities on a 1 to 1 basis in your home or local community  
<http://www.bristolcharities.org.uk/day-care>

2. Promote learning in a stimulating supportive environment
---

- The Alzheimers Society run local [Singing for the Brain](#) groups which uses singing to bring people together in a friendly and stimulating social environment. This can provide a way for people with dementia who may otherwise have difficulty communicating to express themselves.
- Rutland Water Nature Reserve (Leicestershire and Rutland Wildlife Trust) has hundreds of volunteers assisting in the visitor centres, managing the reserve and assisting with events. The reserve management team undertakes conservation tasks with volunteers each weekday. Several volunteers have learning disabilities. There is no formal arrangement with the Council. The Reserve Warden worked with individuals Social Workers and staff ensured that the needs of the volunteers, including those with learning disabilities, were met and any risks managed appropriately. No additional staffing is required due to the number of adult volunteers in addition to the paid staff. The work experience and socialisation provided through the volunteering opportunities at the reserve has assisted many adults with learning

disabilities to get part-time or full-time work, mostly in horticulture, conservation and agriculture.

- Older people in could share skills and knowledge they have of gardening with younger more able customers to grow plants, flowers and vegetables for the groups use.
- Silsoe Horticultural Centre offers individual allotment plots for customers to grow their own vegetables that are harvested to make jams and chutneys. This offer of allotment space could be extended to other customers or the wider public.
- Centres could offer opportunities for customers to learn new skills and undertake short courses in subjects such as IT – delivered by local colleges, by independent tutors or volunteers.
- Local [Men in Sheds](#) groups have been set up across the country for men with similar interests and often become self sustaining.

### 3. Aim for integration and local community cohesion

- Norfolk social enterprise [Independence Matters](#) (previously council run community service) offers a wide range of flexible services including day time activities in a network of community hubs for adults with learning and physical disabilities, young people in transition and older people, including people with dementia.
- A peripatetic day service could be developed, with a core group of staff that deliver a range of day opportunities across different settings through the week. This may be most applicable for rural areas where the service could be offered in different villages on different days of the week.
- [Thurrock Lifestyle Solutions](#) converted shop premises for people with learning disabilities to use as a base from which to go out and enjoy community facilities and activities. They include accessible care and changing facilities.
- The Communities Opportunities Groups (COG) in Leighton Buzzard and Biggleswade use existing centres as a base for customers with Learning Disabilities to meet but they undertake all of their activities outside the centre in the local area.
- New care homes for older people offer the opportunity to provide suitable space for day activities that can involve both residents of the home and also provide a day service – probably focussed on those people with the greatest care needs.

#### 4. Maximise and support existing community capacity

- Oxfordshire have a number of community hubs which house libraries, IT facilities, cafes, rooms for training, gardens used by local people including people with care and support needs, and run by staff and volunteers.

#### 5. Maximise the use of community facilities that can be accessed by older people and adults with disabilities

- A newly built independent living scheme for older people in Central Bedfordshire, Priory View, has a day centre integrated within the setting. This has allowed the attendees to mix within a community setting and access other facilities within the building, such as hair dressers, restaurant and coffee shop.
- Bristol Charities offers a day service for up to 20 people in a [newly-built scheme](#) which is part of an extra-care scheme. As well as offering places to customers of Bristol City Council they also have customers who come to the centre on a more drop-in basis for lunches and afternoon sessions who pay directly for the service and do not have to be assessed by the Council.
- Central Bedfordshire's new leisure centre developments have fully accessible changing facilities and access to the pool and could be used as locations to offer leisure-based activities to vulnerable adults and older people.