

# COMMUNITY SKILLS PROJECTS



**HAMPSHIRE | LINCOLNSHIRE | SURREY**



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Our **Community Hubs** support you to become an active member of your local community.

It's about more than just something to do. We will build on your abilities, self-confidence and skills to reach your maximum potential in a forward thinking and innovative way.

**Our commitment to you is straightforward:  
Our goal is to help you achieve your goals!**

# Welcome



**A big 'Hello!' to all of our prospective Customers, their families and support networks,**

Since starting County Care Group, I have been astonished by the innovation and effectiveness of our Community Skills Hubs. Our Customers demonstrate incredible strength and character as they build skills they can take with them throughout their lives and back into the communities they know and love.

And it doesn't just stop there! Our Community Skills Projects bring both our Customers and our team together in the most incredible way, forming friendships to last a lifetime. I am very lucky to witness every day just how transformative this work can be and the positive impact it has on the lives of the wonderful individuals who join us on their support journey and become part of the County Care family.

I hope that this brochure provides you with everything you need to know about our Community Hubs and we very much welcome you to come and chat about your goals and what you would like to achieve. We look forward to welcoming you very soon!

Kind regards,

**Grant Wadge**  
Chief Executive Officer

## Introduction to

# Community Skills Projects

**Our Community Skills Projects equip young adults with learning difficulties and autism with the fundamental skills to live fulfilling, functional daily lives and the confidence, health and wellbeing to pursue independence and employment.**

Our innovative, person-centred approach provides purposeful, fun activities whilst providing exposure to a wide range of experiences in work, volunteering and enterprise. We empower our Customers to pursue independent living, broaden their experiences and make their own choices.



## Our Community Skills Projects include:

- Project Radio
- Project Café
- Plan it, Buy it, Cook it!
- Healthy Lifestyles
- Project Garden
- Project Digital
- Design and Enterprise
- Woodwork Project
- Volunteering
- Vocation and Employment
- Project Social



# Our People

**People are at the heart of County Care Group. We consider our family to be made up of both the team members and the individuals using our services.**

Our Community Support Workers are supported by an experienced management team, across a range of disciplines. All of our work is delivered with compassion and sensitivity.

We recognise each of our Customers to be their own person, with individual needs, wishes and aspirations. Our **person-centred approach** accommodates individual needs with tailor made care plans that start in the areas they are most interested in, and together we find a way to help them to help themselves, and become active members of their community.





Our

# Community Hubs

**Our state-of-the-art Community Hubs provide a full suite of spaces and equipment to create the perfect environment for our Customers. We are innovators in the support of adults with learning difficulties and autism, and our pioneering programmes are geared towards the achievement of meaningful outcomes.**

Our dedicated team of Community Support Workers facilitate a full range of projects, all designed to help boost confidence and develop skills that can be used in everyday life. From Project Café, which teaches practical skills in service and hospitality, to Project Radio, which uses broadcasting as a mechanism to support teamwork and communication, we have all the bases covered!



# PROJECT CAFE

**We simulate all the workings of a friendly café in our Project Café restaurants, servicing the County Care community.** From taking orders and handling cash, to preparing meals and managing inventory, this incredible real-world experience is instrumental in helping our Customers develop the skills and confidence to apply for jobs at other cafés.



# PROJECT RADIO

We are live and on the airwaves with Project Radio, an innovative programme designed for adults with learning difficulties and autism to get involved with the running of a radio station. Complete with soundproofing, Roadcasters and all the equipment, Project Radio is invaluable in helping our Customers express themselves, have fun and work together as a team.

Tune in at:  
[projectradio.co.uk](http://projectradio.co.uk)



# Project Digital

**Digital literacy and IT skills are highly important for modern day living and employment.** This is why we created Project Digital: a programme that teaches our Customers the basics of using a computer and being online, so they can learn to use the internet safely and effectively. All of our Community Hubs are fitted with PCs for our customers to use.



# Design and Enterprise

**Design and Enterprise is about getting involved in running and helping local businesses, as well as our own enterprise scheme.** This includes anything from working with local care homes, cafés, charities and councils, to crafting and selling your own products with our woodwork project!



# Plan it, Buy it, Cook it!

**Exactly as it says on the tin! ‘Plan it, Buy it, Cook it!’ is designed to introduce real world skills in a fun, nurturing environment.** We consider the ability to plan and prepare meals to be fundamental to our Customers’ health and wellbeing.

We start by choosing a recipe and writing all the ingredients on a shopping list and head to the shops. We then prepare a meal in our Community Hubs kitchen, with a focus on food hygiene and safety. And then the best part: trying out all the tasty treats!



# Healthy Lifestyles

**Our Healthy Lifestyle projects are designed to incorporate fun, exercise and teamwork and are carried out at both our Community Hubs and external sites.** From sporting activities and dance, to wellbeing practices such as yoga and mindfulness, we give our Customers the opportunity to express themselves through movement and to connect with a healthier lifestyle!



# Project Garden

All of our Community Hubs are equipped with a working garden, complete with tools and equipment and all the goodness of the outdoors. Our Customers engage in horticultural projects that inspire communication, teamwork and develop a connection with nature and the outdoor environment. From planning and budgeting, to sowing and harvesting, Project Garden presents an enriching experience for all!





# Woodwork Project

**Our Woodwork Project takes our Customers from having no experience at all to being able to do incredible things with their hands in our Community Hub workshops!** With a focus on building skills in communication, hand-eye coordination and health and safety, we bring it all together in a rewarding experience that empowers our Customers to engage with the practices of craftsmanship, building their own furniture and more!



# Volunteering

**Our Volunteering programme gives our Customers the opportunity to develop real world vocational skills in volunteering placements whilst giving a little something back to the communities they love. From marshalling community events, to the upkeep of gardens and supporting community businesses, we facilitate a full range of volunteer driven projects in your area.**



# Vocation & Employment

**For all our Customers who are ready to move forwards, we provide support at every step of the way.** From writing a CV and applying for jobs, to developing core communication skills and an understanding of health and safety, we recognise that support can be needed throughout the journey! It doesn't stop there either. We continue to support our Customers as long as they continue to need us!



# Project Social

**Project Social brings together a programme of popular day trips, evening get togethers and Saturday socials that support friendships, social activities and fun throughout the year.**

**So far our Project Socials have included:**

- Pub quizzes and meals
- Bowling competitions
- Game evenings
- Girls' social evenings
- Festivals
- Community fairs
- Local walks with a pub lunch
- Club nights
- Theatre trips and shows
- Outdoor adventures



# Your Journey With Us



## About

# County Care Group

**County Care Group offers a variety of bespoke support services for young adults living with learning disabilities, autism and mental health challenges, and older adults that may need support to live well at home.**

Our services range from care at home to support in the community, as well as teaching important life skills at our community hubs.

Founded in 2010, County Care Group has since become a leading specialist support and care provider in Hampshire, Lincolnshire and Surrey. Regulated by the Care Quality Commission, we work with your local County Council to ensure our services continue to exceed all expectations for your loved ones.



## Get in touch!

Surrey & Hampshire Office

01483 224183

Lincolnshire Head Office

01205 632800

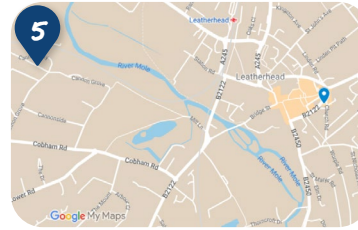


# Where are we?



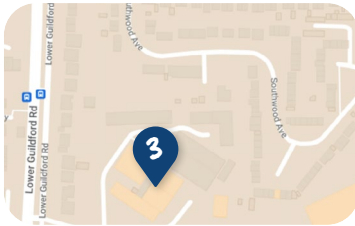
## Skegness

- 1 17-19 Lumley Avenue,  
Lincolnshire PE25 2AP
- 2 28 Alghitha Road,  
Lincolnshire PE25 2AG



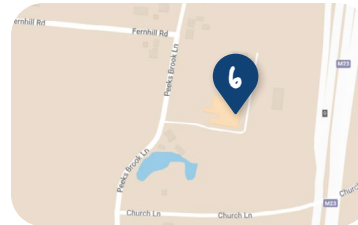
## Fetcham

- 5 22 Cannon Way,  
Fetcham,  
Leatherhead KT22 9LJ



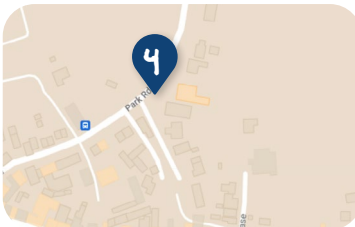
## Woking

- 3 17A Solent House, Lansbury  
Business Estate,  
Knaphill GU21 2EP



## Horley

- 6 Gatwick House, Suite 2a,  
Peeks Brook Lane, Horley,  
Surrey, RH6 9ST



## Holbeach

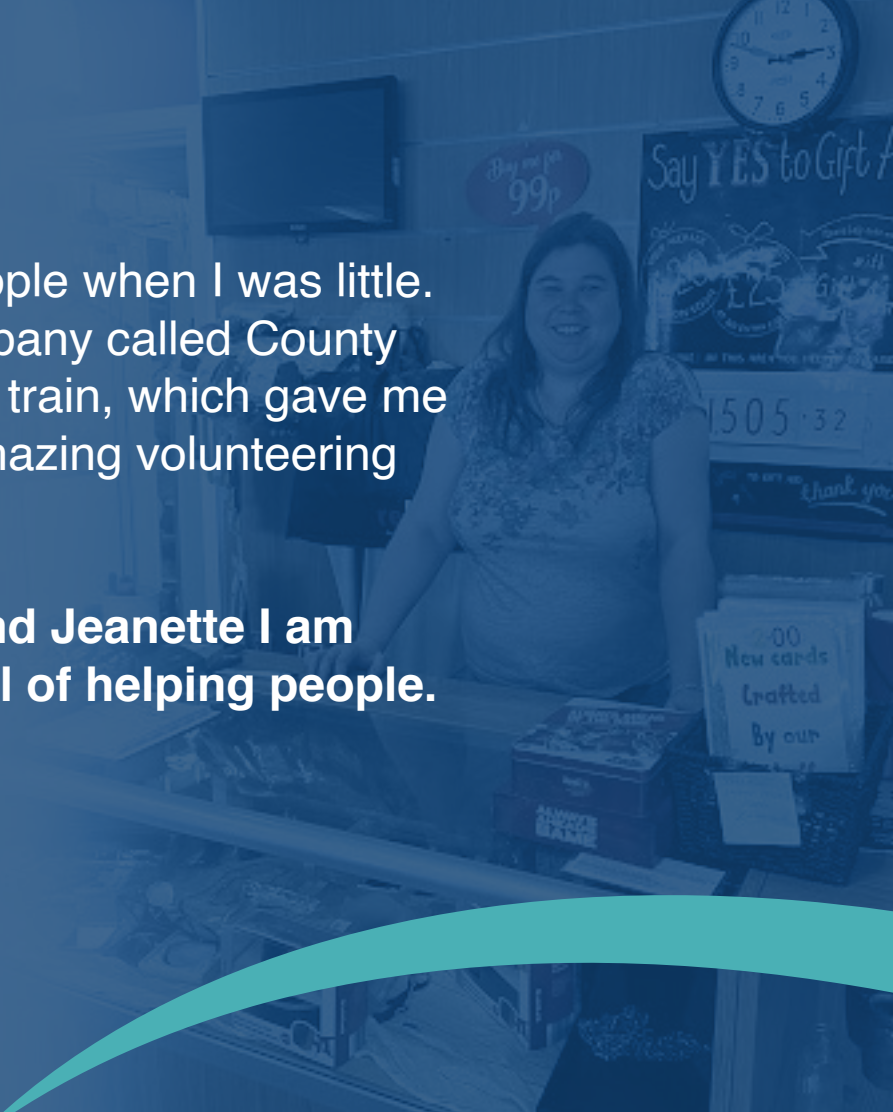
- 4 26 Park Road,  
Lincolnshire PE12 7EE



I always wanted to help people when I was little. Thanks to an amazing company called County Care I was able to travel by train, which gave me the independence to get amazing volunteering work at the Salvation Army.

**Thanks to County Care and Jeanette I am closer to my amazing goal of helping people.**

- Julia Houareau





## Case Study

# Community Skills Project

**Julia Houareau joined our Horley Community Skills Projects 5 years ago and has since gained independence and built life skills in:**

- Cooking
- Travel training on public transport
- Woodwork
- Design and enterprise
- Volunteering in a group
- Chat show host for County Care
- Project Radio
- Raising awareness of mental health



**I have made lots of friends through County Care and would like to continue increasing my social network.**

- Julia Houareau

**“Following a group volunteer role set up by our Community Skills Hub staff, we have been window dressing the Salvation Army Charity Shop in Horley in celebration of Christmas, Easter, NHS and Mothers Day. I was approached by the manager of the store who complimented me on the work I was doing and asked if I would like to take up a volunteering role within the shop a day a week.”**

**Since starting three weeks ago, I have:**

- Been asked if I could do a second day each week
- Dressed shop mannequins which have sold over and over again
- Started training in customer service
- Started training to use the till
- Enjoyed being able to go to lunch with a colleague for the first time in my life
- Started achieving some of my bigger goals, one of which is to help others.



**Julia is a delight to work with!  
She is polite, hard working and  
brings so many qualities to her  
new volunteering role with us.**

**- Tom, Salvation Army**





**Get in touch with our offices today  
to find out more:**

**Lincolnshire Head Office**  
**01205 632800**

**Surrey & Hampshire Office**  
**01483 224183**