



Purposeful Activities Plan

Our Vision for Purposeful Activities:

At Northwest Care Cooperative, we are excited to offer a programme of group activities, suggested and planned by our Principal Members, designed to support purposeful, engaging, and meaningful lives for all.

- **Our Core Values:**

Kindness – We help others when they need support.

Welcoming – We make everyone feel comfortable and safe enough to ask for help.

Supportive – We consider each person's unique challenges and make reasonable adjustments.

Gratitude – We respect the efforts others make for us, and we do not place unreasonable demands.

Who Can Join?

All Principal Members are welcome to take part in group sessions. We run these sessions differently from day-to-day PA support, with flexibility built in:

1. **Independent Members:** Members who can attend independently are encouraged to come along and take part, please inform Jodie if you are planning to attend.
2. **Members With PAs on the Day:** If a group session falls on a day when a Member already receives PA support, and they wish to attend, they may join the activity with their PA.
3. **Additional Group Support:** For Members who want to attend but need additional help, we offer shared group support, subject to a risk assessment and availability.

Staffing and Risk Assessment

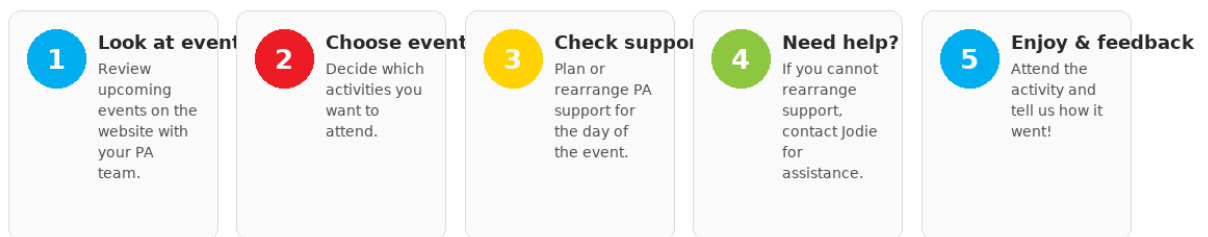
- All activities will be risk assessed in advance to ensure safety and suitability.
- Once attendance numbers are confirmed, PAs will be assigned as needed.
- Group support ratios will be based on individual needs and the type of activity.
- Our focus is on inclusion, dignity, and enabling people to take part safely and confidently.

Purpose of the Activities

- Promote independence and confidence
- Reduce isolation and support social connection
- Encourage skill development and self-expression
- Support mental, physical, and emotional wellbeing

It is expected that Principal Members will look at the events on the website with their PA team and plan what they want to attend. If they are unable to rearrange their support, please contact Jodie, who will do her best to make sure you can attend.

How to Plan Attendance — Step-by-Step



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