

# About with Friends



Supporting people with learning disabilities to live the life they choose

## Service Information



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About with Friends

Unit 22d, Holt Road

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About with Friends is a Cromer based charity working with young people and adults with learning disabilities.

Our mission is to provide people with learning disabilities the opportunities they are entitled to. We support our members to live a life they choose by developing their skills and confidence for independence including building friendships and being part of their local community.

## ► Workskills

Our Workskills service runs Monday to Saturday from 09:30-16:00. Our service enables our adult members the opportunity to gain skills and experience within a working environment, encouraging confidence, stability and purpose enabling them to gain an insight to employment.

Within Workskills we offer our members a wide range of tailored placements. Our support team bring enthusiasm, passion and their own specific skills sets to guide our members, teaching them skills to further their education and knowledge.

We always acknowledge our members achievements encouraging them to gain new skills, boosting their confidence, engagement, motivation and independence.



## Woodwork

Our woodwork team design and produce a wide range of products from bespoke wooden garden items to upcycled furniture and seasonal arts and crafts. We sell these items in our thriving community shop and take orders for specific items or restorations requested by customers.



## Salon

Our hair and beauty salon gives members the opportunity to learn about personal hygiene and the importance of professional workplace appearance. Members learn how to wash and style hair, manicure nails, makeup techniques, healthy skin care routines and lots more.



## Art & Craft

For our members with an artistic flair for design we have an art and craft department. From bunting to bags, cushions to seasonal craft, their vision for the creative has no bounds. Craft enables members to further their creative skills and all the products produced are sold in our community shop.



## Home Skills

Our Home Skills placement offers members life skills and independent living development.

Our members learn domestic skills such as cleaning, cooking, travel training, money management, safety skills and personal hygiene.



## Community Shop

Our community shop in Cromer provides our members with retail experience, selling a variety of products made across our Workskills service. Working in the shop enables our members to practice good customer service, money skills, till practice and confidence dealing with the general public.



## Employability Skills

Our Employability skills team offers employment development by mentoring members in a variety of activities enabling them the capability to take that next step into work. All members learn CV writing, interview techniques, handling job applications and much more.





## Kitchen

Our kitchen enables members the experience of working in a commercial size environment offering services for private events and community work. They also produce a range of cakes and savoury treats for our tearoom and also prepare meals for our Leisure programme throughout the week.



## Canteen

Our canteen is located within the North Norfolk District Council offices. This enables our members the experience of preparing and serving orders to the council staff and surrounding community. Therefore, our members gain experience in a larger more corporate setting giving them the tools and confidence to thrive in their working ambitions.



## North Lodge Park Tea Room & Friends Bistro

Two new working areas to the charity now include our Tea Rooms, set in the peaceful and idyllic setting of North Lodge Park, along with the Friends Bistro, both offering great new environments and learning opportunities for our members.



Our members are fully involved in both the kitchen and front of house, where we offer homemade cakes and teas in the Tea Room to a fully licensed bar and an ideal spot for evening dining at our Bistro.



## ► Bespoke

Our Bespoke service is tailored for individuals varying needs and abilities. Each member has an individual timetable which is ever adaptable and works alongside their own outcomes. These are regularly reviewed, and we encourage families and carers to have an input into these future achievements.



In partnership with social workers, families and members we develop exciting programmes to enable growth, a sense of achievement and above all, encouragement towards independence and a sense of fulfilment.



## ► Outreach

Outreach supports every individual to live the life they choose. No matter the living situation, we offer all kinds of personalised support, including 24-hour care.

Supported Living and Outreach services provide members support to live in the community, carry out a range of daily living tasks, budgeting, cooking, health appointments, trips out in the community and much more.

We also support members in having holidays of their choosing.



## ▶ Leisure Activities

Our Leisure service offers a wide-ranging programme of social activities for our adult members on evenings and weekends.

We aim to support our members by delivering a high-quality person centred FUN Social Programme which includes on-site evening and weekend activities as well as excursions and other community

based activities, such as swimming, cinema, day trips, life skills and a variety of other activities chosen by the members.

Our activities are stimulating, structured and enjoyable. Our members are empowered to exert choice and have opportunities for peer friendships while enjoying their community, enabling them to live a varied and rich life.



Members of our Leisure programme are also offered a wide choice of respite breaks throughout the year whilst parents and carers have time to rest.

These respite breaks vary hugely from Local breaks, activity breaks and European trips, as chosen by our members.

Our respites are well supported by our enthusiastic and skilled staff team and give our members the opportunity to have time away from home, make memories with their friends and build skills to enable their independence.



## Member testimonials

“I like AWF because everyone makes me smile and we always have lots of fun!”

“Everyone at AWF is more like family to me rather than friends”

“The staff and members at AWF are all great and friendly”

“I like working in all the areas especially woodwork”

“In craft we made nice items for the shop”

“Coming to AWF makes me feel happy. I work in craft and my favourite craft is sewing”

“I like adult leisure because I can make new friends and relax”

“AWF makes me happy, the staff make me laugh and I have fun with my mates”

“AWF has been a big part of my life. I enjoy coming here to learn and be with my friends”

## **Contact information**

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