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|  | **This easy read tells you about the:** |
|  | **Nottinghamshire Day Opportunities Strategy (Plan) 2022 to 2027** |
|  | **This is our plan to help people to be part of their communities and to support them to live ordinary lives.**We want leisure, further education and employment to be accessible to everyone including people who access services and support. |
|  | This plan tells you how we will support people to do different things in different places during the day, evenings and weekends. |
|  | If you need help to understand this information, please ask someone who supports you to go through it. |

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|  | **What are Day Opportunities?** |
|  | Day Opportunities can be a service or activity in a building or in the community. It can be about: |
|  | * Learning new skills
* Making new friendships
* Hobbies and interests
* Being in the community
* Going to college or university
* Voluntary work
* Employment
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|  | **The Day Service Review**We reviewed day services in 2020 and 2021. |
|  | The review asked people and carers what they want to see day services doing.  |
|  | **People said they want to:** |
|  | * Meet people and see their friends
* Learn new skills
* Take part in sport and exercise
* Access activities in their communities
* Go out at evenings and weekends
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|  | **Carers said they want:** |
|   | * To have regular breaks from caring
* To look after their own health and wellbeing
 |
|   | * To maintain their own employment
* To know the person, they care for is safe and well

**We asked people where they would like to be supported and join activities. They said:** |
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|  | * In Cafés or the pubs
* In day centres
* In their local area with friends or staff
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|  | **We looked at everything people told us they wanted from day opportunities.** **This is how we will help people to get more from their day opportunities.** |
|  | To help people get the best out of their day opportunities social work teams will begin working with people in a strength-based way. |
|  | Strength-based means looking at what people can do, their skills and the support they already have and building on this.  |
|  | We will do this through regular reviews so we know what support people need and we can help them choose the best options to meet those needs. |
|  | For lots of people it will mean using community-based services and activities. |
|  | If the right support or activity is not there, we will try our best to work with service providers to fill those gaps. |
|  | We will work with local communities to make sure services and activities are accessible to everyone. |
|  | This will take time to do so changes will not happen all at once. |
|  | For some people the services they already have will still be the best ones to meet their needs.  |
|  | We know change can be worrying.But working together we can help people understand what we are doing and what options they have. |