

|  |  |
| --- | --- |
|  | **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. |

|  |  |
| --- | --- |
|  | **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 |

|  |  |
| --- | --- |
|  | **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 |
|  | **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:** |
|  |  |
|  | * In Cafés or the pubs * In day centres * In their local area with friends or staff |
|  | **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. |