

# Achieving Aspirations WeCan



in  
partnership  
with



WeCan's overall aim is to assist you to develop the life you want to live!

# Achieving Aspirations Our Aim

WeCan is a club, the aim of which is to inspire, motivate and enable its members to achieve their personal aspirations.

Club members are supported to develop the knowledge, skills and resources required to enable them to live a happy, fulfilling and balanced lifestyle.

The club is structured to provide personalised, and detailed day, evening and weekend opportunities for adults with learning disabilities. We have an emphasis upon progression and supporting members to move onto new and exciting opportunities as and when the present.



# What we offer **Achieving Aspirations**

WeCan offers day, evening and weekend opportunities to young people over the age of 16 years who have learning disabilities, autism and/or complex needs.

## What can I expect from WeCan?

- A bespoke learning and activity plan.
- Support to help develop communication skills.
- Personal support and care plan
- Support to develop core skills, such as appropriate social behaviours, following routines or instructions, appropriate dress and hygiene, and much more!
- Activities centred around personal interests, goals and attributes.
- The opportunity to gain work or volunteer experience.
- Support to access community settings or other services
- To develop skills to travel via public transport, safe walking or cycling routes



## Breakdown of what WeCan offers:

- Progressive Day Opportunities
- Bespoke Support Packages
- Personal and Social Skills Development
- Outings and Events
- Residential Opportunities
- Employability and Vocational Skills
- Work and Enterprise
- Support for Seamless Transitions
- Accredited Training

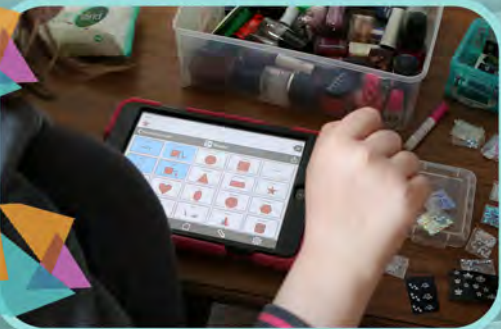


# Where to find us

WeCan has two sites; we have **The Junction**, located within The Kingsfield Centre, walking distance to the centre of Stowmarket. This location provides an environment where your skills and opportunities are explored and developed on an individual or group basis. It can provide a safe and friendly space where routines, people and places can be more predictable which can help to maximise learning opportunities.



Get in touch!  
01449 673062





**The Cafe @ The Rec** is an environment in the heart of the Stowmarket's community. Enabling us to deliver skills development packages in real life settings and from which work experience and enterprise initiatives can be cultivated. WeCan's focus is upon skills development and progression, with a particular interest upon communication

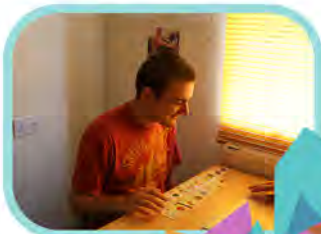
Come pay  
us a visit!

**Junction  
The Kingsfield Centre  
Chilton Way  
Stowmarket  
IP14 1SZ**

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# Achieving Aspirations Your Options

**Our commitment to you is to ensure your day is filled with a varied and active range of activities that support your personal development.**



What you do on a day-to-day basis will depend upon your personal goals and aspirations.

Your person-centred plan will be the backbone for all opportunities we provide to you and will develop as you do, making your experience with us as personal as possible!

There is also the opportunity to practice new skills and experience independence in our supported overnight stays.

Achievements can be recognised with AQA certification under the unit award scheme.

Live your life the way you want to live, with WeCan.

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## Communication

At WeCan, we work to the five good practice standards around speech, language and communication as recommended by the Royal College of Speech and Language Therapists (RCSLT).

We help you to develop your communication profile.

We will support you to develop your communication skills.

WeCan Staff are trained and experienced to use the best approaches to communication with each individual they support.

WeCan create opportunities, relationships and environments that make individuals want to communicate.

WeCan support individuals to understand and express their needs in relation to their health and wellbeing.

## Independent Travel

At WeCan we want you to have the freedom to exploit and enjoy opportunities as they present, and to gain a higher degree of independence. Being able to travel safely around your community is key to taking advantage of opportunities on offer.

We hope all individuals will want to take part in our travel training program where you will be encouraged to explore and master skills required to travel safely and as independently as possible around the community.



contact us

01449 673062

[www.achievingaspirations.co.uk](http://www.achievingaspirations.co.uk)

An open referral system, no set admission criteria...

Lets meet to discuss your needs and the best way to support you

...get in contact to find out more!