



Live at Ease Service Overview

Gavin Jones
Veteran Services Manager

My background

Before

I served in the HM Forces for 8 years, deployed to Gulf War

In between

10 year gap; physio & speech therapy, re-skill, further education

Now

My work recognised by HRH, and Central & Local Govt



- ☺ Academic studies in psychology; Forensic, Criminal, and Behavioural
- ☺ PTLLS
- ☺ ILM Level 3 Coach
- ☺ Trained Mentor
- ☺ Level 4 in Advice Work
- ☺ Level 3 in Debt Advice
- ☺ Mental Health First Aider
- ☺ Welfare Support Practitioner
- ☺ Currently studying for a degree in Health & Social Care

My experience supporting the Armed Forces community



Setup, develop, and managed a specialised support service for Ex-Forces men & women living with disabilities, autism, ADHD, and brain injuries. Helping them to improve their independence, wellbeing, and quality of life, and help reduce their isolation. Covering the North West.



Managed a multi-agency advice service, attached to the Manchester City Council's Housing Solutions team as part of the council's homeless prevention strategy. Supporting clients with mental health difficulties who are homeless or at risk of homelessness



Setup and developed an Armed Forces Support Hub in Warrington, providing welfare, health & wellbeing support, homeless prevention, employment, and mental health support for those with complex needs. Covering Cheshire and the Wirral



Setup and developed an Armed Forces Support Hub at Broughton House as part of their £14million re-development, providing welfare, health & wellbeing support, homeless prevention, employability support, and mental health support for those with complex needs. Covering the North West



Regional Manager for the Transitions programme across the North West region, supporting Veterans' with health barriers to improve independent living and gain sustained employment

Cheshire Probation



Mentor offenders' that had served in the Armed Forces who were at high risk of re-offending

citizens advice

Undertaken various roles; mental health adviser, welfare benefits caseworker, training officer, advice manager, and managed a multi-site frontline advice service across Cheshire East, and Warrington.



Developed & Managed a non-clinical wrap around support service model, commissioned by GMMH NHS Trust in 2016 to be imbedded within their Veterans in Mind service, covering Cheshire & Merseyside



Organisational Lead for a commissioned substance misuse management pilot in partnership with Combat Stress covering Cheshire, the Wirral, and Merseyside



Developed & Managed 3 bespoke employability programmes helping Veterans' & early service leavers into Customer Service roles within the rail industry in partnership with Virgin Trains across the North West & Midlands



- Supported over 4000 Veterans with various health & welfare issues across the North West
- Developed the first ever 3rd sector non-clinical welfare wrap around support model to be commissioned and imbedded within a specialised NHS mental health service for veterans
- Sat on a COBSEO Action Group, ASDIC (Ministry of Defence supported) steering committee
- Sit on the NHS & CCG North West Veterans Mental Health network
- Created a North West network for frontline support workers who support Ex-Forces living with autism and disabilities (EFAD)

About Disability Stockport?

- We have over 43 years of evidenced based history of providing high level specialised support to adults and their families experiencing difficulties due to autism, ADHD, learning difficulties, physical disabilities, sensory loss, brain injuries, and health related complex needs, who are resident within Greater Manchester, and surrounding areas
- Our staff are trained and qualified
- We have decades of knowledge and experience within our team
- We have a good understanding of complex needs and neurodiversity
- There is a severe gap in services/support for Ex-Forces living with neurodivergence, and disabilities, within the North West, which we can help fill
- We know what we are doing, and we do what it says on the tin



Supporting Ex-Forces men and women who have autism, a disability, or brain injury



LIVE AT EASE

Helping to improve independence, wellbeing, and quality of life, and help to reduce isolation

Supporting equality, diversity and inclusion across the North West

What is 'Live At Ease'?

Through a pro-active approach to early intervention support, "it is a service that can provide various levels of support based upon everyone's individual need, requirement, and ability. This includes; 'one off' information and advice, attending fully inclusive activities and social groups, peer support, light touch support, case management, and multi-disciplinary case managed coordination"

Our Objective: To support ex-forces men and women who have Autism Spectrum Disorder, ADHD, a disability, or a brain injury that impacts on their daily living and executive functioning skills.

Our Mission: To help them to improve their independent living, self-confidence, mental wellbeing, and quality of life, and help them to reduce their risk of suicidal ideation, isolation and feeling of social exclusion, as well as helping to reduce demand on public services.

Our Aim: To promote and support equality, diversity, and inclusion across the North West, raise awareness and a greater understanding of supporting neurodiverse ex-forces men and women.

"In a world full of adversity, we must dare to dream"
(Rob Burrow)

"By working together, pooling our resources and building on our strengths, we can accomplish great things"
(Ronald Regan)

Live at Ease, is a specific Ex-Forces support service within Disability Stockport (DS) and is the lead facilitator and Subject Matter Expert (SME) organisation of a unique 3 layered multi-agency service model with 'social prescribing', 'no wrong door', and 'trauma-informed' approaches imbedded within it.

Providing a collaborative and trusted single point of access (SPA) for those who have served in the Armed Forces, and living with a disability, brain injury, autism, or ADHD, that affect their capacity and executive functioning skills for independent daily living.

Supporting other statutory and non-statutory agencies, organisation's, and charities.

Live at Ease is a community focused service aimed at supporting those who may be experiencing a deterioration in their quality of life, health and mental wellbeing, feeling socially excluded, living in isolation, struggling with substance-misuse, reduced independent living, employability difficulties, at risk of suicide, or have welfare issues.

Live at Ease brings together the four main elements of engagement, flexibility, co-ordination, and direct support within a 3 layered model approach to address gaps in service provisions and areas of need.



Our core focus is to....

- ✓ Address the lack of support for Ex-Forces men & women who are Neurodiverse or have a Neurodevelopmental Disorder.
- ✓ Support Ex-Forces men & women to take back control of their own life.
- ✓ Provide a pro-active approach to early intervention support.
- ✓ Help reduce isolation and the feeling of social exclusion.
- ✓ Help reduce the risk of suicide and suicidal ideation.
- ✓ Help reduce the risk of substance misuse self-medicating.
- ✓ Help neurodiverse Ex-Forces men & women to re-integrate back into the community.
- ✓ Help improve independent living, executive functioning skills, quality of life, and wellbeing.
- ✓ Create greater access to services through community focused NAAFI Break Information & Advice Drop-In's.
- ✓ Provide a 'No wrong door' approach to information, advice, and support.
- ✓ Improve 'autism friendly' access to services and opportunities (share best practise).
- ✓ Raise awareness and educate by promoting Equality, Diversity and Inclusion.
- ✓ Help reduce demand on NHS, GP, and Local Authority services.

Addressing gaps in service provision & raising awareness

We support Ex-Forces men and women struggling due to autism, to help them reduce their social isolation, and help improve wellbeing, and quality of life



Understanding neurodiversity, promoting equality, and inclusion within the North West

Do you struggle with.....

- Social communication & interaction
- Feeling isolated
- Changes in routine
- Anxiety
- Over- or under-sensitivity to light, sound, taste or touch
- Meltdowns and shutdowns
- Do you have autism within the family

We can provide both pre and post diagnosis support, and help you to understand your autism

Please get in touch with Gav Jones if you want advice or need support

Contact Gav Jones (Veteran Services Manager) on:

Mobile/Text/Whatsapp: 07458 306239

Landline: 0161 480 7248

Email: gavin.jones@disabilitystockport.org.uk

Funded by
**THE ARMED FORCES
COVENANT FUND TRUST**

Working alongside and Supported by



We support Ex-Forces men and women, who are struggling due to ADHD, to help them improve their wellbeing, independence, and their quality of life



Understanding neurodevelopmental disorder, promoting equality and inclusion within the North West

Signs of ADHD include....

- Impulsive behaviour
- Always starting new tasks before finishing old ones
- Poor organisational skills
- Always losing or misplacing things
- Forgetfulness
- Restlessness and edginess
- Difficulty keeping quiet, and speaking out of turn

We can help.

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Landline: 0161 480 7248

Email: gavin.jones@disabilitystockport.org.uk

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We support Ex-Forces men and women with acquired brain injuries, to help them improve their wellbeing and their quality of life



Supporting neurodivergence within the North West, promoting inclusion and equality, and helping to reduce social isolation

Do you struggle with....

- Speech difficulties
- Social interaction & environments
- Processing visual information & problem solving
- Short term memory, concentration, mood swings
- Increased fatigue (mental and physical) and low mood
- Behaviour and personality changes
- Physical and sensory abilities

We can help.

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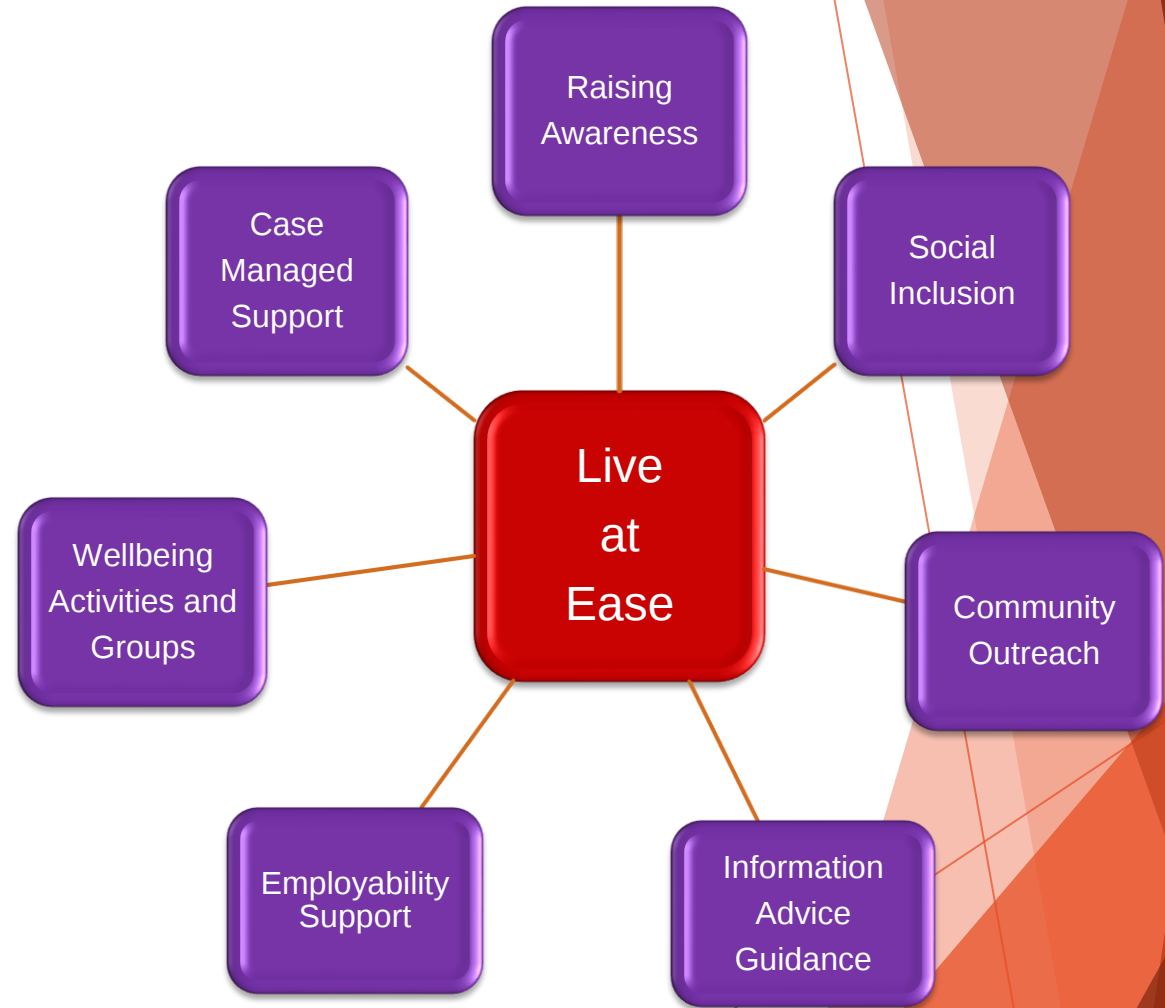
Funded by
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COVENANT FUND TRUST**

Working alongside and Supported by



Service provisions

The service provisions focuses on the core business of assisting any Ex-Forces men & women (Regulars and Reserves) with a disability, brain injury, ADHD, or autism, of any length of service and any age, living within the North West.



Veterans' with no disability or neurodivergent difficulty, will be referred to the appropriate support services based on their individual needs

The four main elements

- We are a single point of contact for Ex-Forces
- We hold a holistic view of the various services engaged with Ex-Forces
- We are a source of local/regional knowledge and information
- We have a national & local overview of current and future issues which may impact Ex-Forces welfare/care and support

Co-ordination

- We have a safe & confidential meeting place for Ex-Forces and their families
- We can provide immediate 'No Wrong Door' front-line information and advice
- We provide coaching, benefits support, social inclusion, health & wellbeing activities, employability support and peer support

Engagement

- Providing the right environment and contact
- Both office based and within community
- Enable Ex-Forces to engage across a range of services
- Reduce the rate of disengagement and deterioration of a person's situation
- We will be there when we say, and we will do what we promise

Flexibility

- We understand the '**Veteran profile**' and barriers faced through disability, and neurodiversity difficulties
- We provide a 'person-centered' trauma informed approach to support
- We accommodate for each individual need
- We know what works today, might not work tomorrow, but might work next week

Direct support



The ethos of Live at Ease is to promote autonomy and independence to Ex-Forces men & women with a disability and their families, but also to be a trusted support to them, as and when needed.

The four elements provide greater access to services, improve health and wellbeing, develop enhanced coping skills and strategies, and will empower them to overcome barriers associated with current circumstances to promote independent living and improved quality of life .

We work with a range of other SME organisations (Armed Forces specific and non-Armed Forces related), and assist in the coordination when required, always operating in a way that serves the client's best interest



Who we work with, alongside, and supported by





Active Ex-Forces Programme

Providing a high quality and varied program of adapted indoor and outdoor health & wellbeing activities, for Ex-Forces men & women to stay active, who are unable to engage with mainstream activities due to neurodivergence

Helping them to...

- ✓ Reduce their isolation and feeling of social exclusion
- ✓ Reduce their risk of suicide and suicidal ideation
- ✓ Reduce their risk of substance misuse to self-medicate
- ✓ Improve their mental wellbeing
- ✓ Improve their health
- ✓ Improve their self-confidence
- ✓ Improve their quality of life
- ✓ Develop fresh abilities to improve their executive functioning skills

Providing...

- ✓ Access to outdoor education and gain recognised national qualifications
- ✓ Pro-active approach to early intervention support
- ✓ Access to information, advice, and guidance ('no wrong door' model)
- ✓ Direct referral pathways into clinical services and other specialised services

Supporting Ex-Forces men & women in Greater Manchester with disabilities, brain injuries, ADHD, and autism to stay active

Valuing equality and inclusion across Greater Manchester

Training together, it's about having a bit of fun whilst keeping fit and the camaraderie, whilst also improving in strength, movement, physical and mental health

Helping you to improve your wellbeing, quality of life, and reduce your isolation

Be more active, improve your movement and mobility, burn off energy, feel more healthy, re-build your confidence, or lose weight

Join us for
All Abilities Exercise Session
at
Pyramid Performance Gym
4 West St, Stockport, SK3 0AB

Re-starting soon

Please contact Gav Jones first if you are interested in attending

Funded by THE ARMED FORCES COVENANT FUND TRUST

Contact Gav Jones (Veteran Services Manager) on:
Mobile/Text: 07458 306239
Landline: 0161 480 7248
Email: gavin.jones@disabilitystockport.org.uk

In partnership with PYRAMID PERFORMANCE

Supporting Ex-Forces men & women in Greater Manchester with disabilities, brain injuries, ADHD, and autism to stay active

Helping you to improve your wellbeing, quality of life, and reduce your isolation

Be more active, improve your movement, burn off energy, feel more healthy, re-build your confidence, and have fun

Join us for
All Ages Boxability
at
Brinnington Park Leisure Complex
Northumberland Rd, Brinnington, Stockport SK5 8LS

Re-starting soon

Please contact Gav Jones first if you are interested in attending

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Contact Gav Jones (Veteran Services Manager) on:
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Email: gavin.jones@disabilitystockport.org.uk

In partnership with ABC

Supporting Ex-Forces men and women in Greater Manchester with autism, a disability, or health related complex needs

Helping you to improve your wellbeing, quality of life, and reduce your isolation

Join us for our weekly
Ex-Forces Park Brunch Meet Up
at
Etherow Country Park
George St, Compstall, Romiley, Stockport SK6 5JD

EVERY Tuesday 1030 - 1230

Pull up a sandbag for a brew, scrán, and banter in the fresh air on the park café patio (all weathers)

Bacon, Sausage, and Egg Barm's, and hot brews available to buy

Contact Gav Jones (Veteran Services Manager) on:
Mobile/Text/WhatsApp: 07458 306239
Landline: 0161 480 7248
Email: gavin.jones@disabilitystockport.org.uk

Supported by NHS Greater Manchester and PURE INNOVATIONS

Funded by THE ARMED FORCES COVENANT FUND TRUST

Fun, banter, and outdoor activities in the fresh air at the Anderton Centre

Anderton Centre

Helping you to improve your wellbeing and confidence, and reduce your isolation

FREE all abilities activity day on.....

The Anderton Centre, New Road, Chorley, PR6 9HG

Including bacon & sausage butties in the morning, and a BBQ lunch

Archery Wheelchair Speedboat All Ability Sailing Axe Throwing

Canadian Canoe Paddle Boarding Kayaking

Gav Jones (Veteran Services Manager)

Mobile/Text: 07458 306239
Landline: 0161 480 7248
Email: gavin.jones@disabilitystockport.org.uk

Supported by H.M.P. for HEROES and SUP ACTIVE

'Op SingABILITY' Choir

- ✓ Allows members to try something new.
- ✓ Learn new skills
- ✓ Enjoy socialising with peers in a safe space.
- ✓ Help improve confidence, wellbeing, and quality of life.
- ✓ Help reduce isolation and the feeling of social isolation.
- ✓ Make new friends and build new relationships.
- ✓ Feel valued and part of a team.
- ✓ Led by a professional MD and choir coach.
- ✓ Singing songs from theatre musicals, 80's and 90's pop, ballad's, soft rock, boy bands, mix and mash different songs, and much more.
- ✓ Access to information, guidance, and advice, and both pro-active & re-active early intervention support.

STARTING SOON

Supporting Ex-Forces men & women in the North West with disabilities, ADHD, and autism to help improve wellbeing, confidence, and help reduce isolation



Show songs, Pop songs, Soft rock songs, Ballad's, Boy band songs, Mix songs, and more...

Come join our
'Op SingABILITY' Choir
at
Disability Stockport
23 High Street, Stockport SK1 1EG

Day and time to be confirmed

Try something new, have loads of fun with plenty of laughs, and banter

Interested in joining?
Contact Gav Jones (Veteran Services Manager) on:

Mobile/Text/Whatsapp: 07458 306239

Landline: 0161 480 7248

Email: gavin.jones@disabilitystockport.org.uk

Supported by

Greater Manchester
Integrated Care

Social inclusion

all are valued
safe space
no xenophobia
fun
not forced to share
considerate
openmindedness
discuss social issues
no judgement
polite
listening
great discussion
no preferred pronoun
comfortable
collaborative
proactive
speak freely
engaged prof
all can share
no strong views
encourage quieter individuals
supportive
tolerance
no prejudice
patience
no one left out
all get along
mistakes OK
respect
value uniqueness

Ex-Forces Autism and Brain Injuries Social Group's (their ideas, their choices, our service)

*** For this programme, Ex-Forces men & women will be known as 'members'.*

- ✓ Enables isolated members due to having autism (diagnosed and undiagnosed) or a brain injury to enjoy socialising with peers in a safe space.
- ✓ Be yourself, and no need for masking.
- ✓ Chat to someone in confidence if you feel you maybe autistic.
- ✓ Helps to improve confidence, wellbeing, and quality of life.
- ✓ Helps to reduce their risk of suicidal ideation.
- ✓ Helps to reduce isolation and the feeling of social exclusion.
- ✓ Support to navigate through the autism diagnostic assessment pathway.
- ✓ Make new friends and build new relationships.
- ✓ Empower members to participate in their own leisure/social activities within the community.
- ✓ Safe space includes, an outdoor area, and quiet rooms for those who feel overwhelmed by sensory overload.

A member does not have to be an active case client of Live at Ease.

Helping to reduce social isolation, and improve the wellbeing and quality of life of Ex-Forces men and women with autism and brain injuries



Promoting and valuing equality and inclusion throughout Greater Manchester



**Come along to our
Ex-Forces Autism & Brain Injuries Social Group**

Every 2nd & 4th Monday of every month 1600 - 1800
At Disability Stockport, 23 High Street, Stockport, SK1 1EG



Come and relax, have a brew and chat, in a safe, non judgemental, autism friendly environment

Play Pool • Play Table Tennis • Quizzes
Model Making • Curry Nights • and much more....

Would you like to come along? It would be great to see you
Please get in touch with Gav Jones to let him know

Contact Gav Jones (Veteran Services Manager) on:

Mobile/Text/Whatsapp: 07458 306239

Landline: 0161 480 7248

Email: gavin.jones@disabilitystockport.org.uk

Funded by
VETERANS' FOUNDATION

Supported by



Ex-Forces Recovery Support Social Group

*** For this programme, Ex-Forces men & women will be known as 'members'*

- A non-clinical support group for members struggling with alcohol or drug dependency, or already in recovery.
- Chat with peers in a safe and non-judgemental environment.
- Strong links with clinical services and direct referral pathways.
- Help to improve health, wellbeing, and quality of life.
- Help to reduce isolation and risk of suicide.
- Make new friends and build new relationships.
- Access information, advice, and support.
- Assistance to engage with clinical services and support networks

STARTING SOON

We are supporting Ex-Forces men & women in Greater Manchester in recovery, to improve their quality of life and wellbeing



Helping you to improve your wellbeing through natural recovery

We are soon starting our new

Ex-Forces Recovery Support Social Group

at

Disability Stockport

23 High Street, Stockport SK1 1EG

**EVERY 1st & 3rd Friday of every month
1800 - 2000**

**Have a brew and chat, play pool or table tennis
Access information, advice, or support**

We work alongside and support drug & alcohol clinical services

Contact Gav Jones (Veteran Services Manager) on:

Mobile/Text/Whatsapp: 07458 306239

Landline: 0161 480 7248

Email: gavin.jones@disabilitystockport.org.uk

Supported by





NAAFI Break Information & Advice Drop-in's

Delivered in key locations regularly to maintain consistency and build trust within the armed forces community in the service.



Supporting Ex-Forces men & women with ADHD, disabilities, autism, or brain injuries, to help them improve their wellbeing, quality of life, and help reduce their isolation

HELP
Disability benefits new claims, reviews, and appeals
Independent living support or at risk of homelessness

SUPPORT
Low mood, anxiety, or depression
Debts, arrears, budgeting, or cost of living struggles
Employability support or In-work support

ADVICE
Feeling isolated or socially excluded
Access leisure or social activities, or support groups and networks

ASSISTANCE
Disability adaptations/aids, blue badge, free bus pass, Motability scheme

GUIDANCE

NAAFI Break Information and Advice Drop-In

Email: gavin.jones@disabilitystockport.org.uk
Mobile/WhatsApp: 07458 306239 Landline: 0161 480 7248

Funded by THE ARMED FORCES COVENANT FUND TRUST

Working alongside and supported by VETERANS FOUNDATION and NHS Central Cheshire Integrated Care Partnership

Any Ex-Forces men & women (and their family) of any age, with or without a disability and/or mental health difficulty can still access the drop-in for information and advice, through our '**no wrong door**' approach, based on each individual's needs.

Welfare Advice, information & Support



Supported by and
working alongside

citizens
advice

Using Trauma Informed, 'No Wrong Door', and Social Prescribing approaches

- Welfare advice includes all aspects covering debt, benefits, and housing/homelessness.
- We are not providing financial assistance or advice, but we can help identify priority and non-priority debts, advocate on their behalf, and to establish any crucial time limits, bailiff proceedings, or legal action.

We can...

- ✓ Provide basic benefits entitlement advice and navigation around the benefits system
- ✓ Assist with benefits forms (new claims, reviews, and supersessions)
- ✓ Assist with Mandatory Reconsideration process.
- ✓ Support the client at benefits medical assessments to advocate when needed
- ✓ Assist with income and expenditure forms

➤ **Information** for those who have capacity to act upon information given, making their own informed choice.

We can provide information on...

- ✓ NHS 'Right to choose' scheme for ASD and ADHD diagnostic diagnosis assessments
- ✓ Blue Badge, Bus/Tram & Train concession passes
- ✓ Home care needs assessments
- ✓ Accessing localised support groups and networks, and health & wellbeing activities
- ✓ Applying for a Veterans badge or ID card
- ✓ Applying for service records or replacement medals
- ✓ Accessing other localised or national support charities (service related and non-service related) based on each individual need
- ✓ Disability aids and adaptations
- ✓ Mobility equipment
- ✓ Motability scheme

➤ **Support** will include aspects of advice, when there is an identified need for continued case management support, with no expiry time frame on it to improve the client's wellbeing, quality of life, addressing the presented issues and needs, and any further identified underlying issues and needs.

We can...

- ✓ Assist to maintain a tenancy and budgeting
- ✓ Assist those who are at risk of becoming homeless
- ✓ Help to complete PIP, NSESA50, and UC50 forms
- ✓ Assist with Mandatory Reconsiderations and appeals process
- ✓ Support them at assessments and appointments
- ✓ Assist with accessing social activities and other support groups/networks
- ✓ Provide regular wellbeing checks and 1:1 visits
- ✓ Help those living in chaotic lifestyles to break the cycle
- ✓ Liaise with other support charities on the client's behalf
- ✓ Support those in recovery from drug or alcohol dependency, and those not ready to engage with recovery programmes
- ✓ Case manage co-ordination for those requiring a multi-disciplinary support approach
- ✓ Support undiagnosed neurodiverse clients through the diagnostic assessment referral pathway in their area
- ✓ Provide continued support post ASD and ADHD diagnosis.





Through coaching, we will help them find their own solutions, develop their own skills and change their own behaviours and attitudes to improve self-confidence, wellbeing, quality of life, and independence, as well as address chaotic lifestyles and difficulties encountered through daily living.

Employability Support



‘STEP’ model

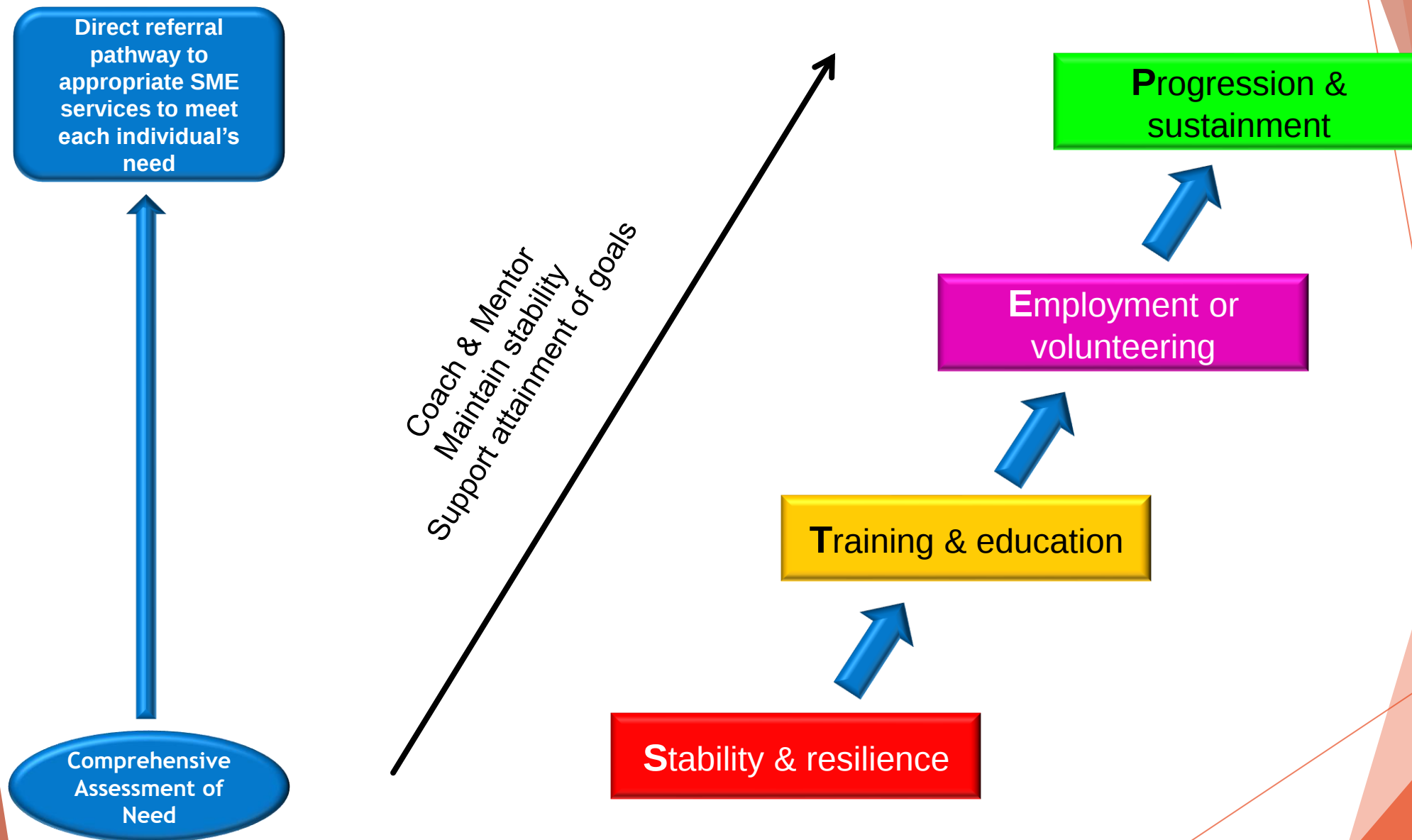
In partnership with



Working in partnership with Stockport Homes and Groundworks GM, working closely with several SME strategic partners, including, The Poppy Factory, and RFEA, to provide a collaborative tailored service supporting clients with a disability into meaningful and sustained employment.

Aim: To enable disabled and neurodivergent Ex-Forces men & women to live fulfilled and independent lives with reduced dependency on welfare organisation's, improved self-confidence, and feeling valued.

- ✓ **'Investing time'** - Break down barriers and the stigma of disability by focusing on ABILITY, by arranging work placements to prove their ability with the guarantee of an employed contract at the end if they meet the employer's business need and standard for that role.
- ✓ **'Fulfilled'** - it's not just about getting Ex-Forces men & women into jobs, as our focus is about getting them into the right job they'll enjoy, or if they are unable to work, then into some other fulfilling voluntary role.
- ✓ **'Independent'** - This is about independence of thought, encouraging Ex-Forces men & women to broaden their horizons and to recognise that they have options. At the same time helping them to focus on goals and to make choices.
- ✓ **'Reduce'** - We want Ex-Forces men & women to feel that interaction with SME organisation/charities and support groups is a choice NOT a necessity. And the cost savings to services if we can help someone to secure paid work or to live a more independent life that improves their quality of life.





OPERATION

Greenfingers

Saturday 25th Feb 2023 (1000 – 1300)
Woodbank Nurseries, Offz, SK1 4JS

Time to get your hands dirty!

Operation Greenfingers will give you basic training on aspects of gardening, including equipment check, site recce, tools, and techniques.

Stockport Homes, in partnership with Disability Stockport, are happy to provide this bespoke course for Ex-Military men and women, delivered by gardening expert (and Army Veteran) Jim McGarrigle.

To book a space, contact Gavin Jones (Veteran Services Manager)
 Email: gavin.jones@disabilitystockport.org.uk
 Tel: 0161 480 7248

15 places available

A close-up photograph of a hand holding a hot dog in a bun. The hot dog is topped with a spiral of yellow mustard. The background is a solid dark blue.

Skills for life

Food Hygiene Level 2

📅 23 November 2023 (10am – 4.30pm)
📍 Cornerstone, 2 Edward Street, SK1 3NQ

Essential training for anyone who cooks, prepares or handles food as part of their work. This accredited course looks great on anyone's CV.

To book a space, email customer.training@stockporthomes.org or call 0161 474 2862



A photograph showing a person in a striped shirt practicing CPR on a mannequin lying on a grey carpet. A blue and white defibrillator is attached to the mannequin's chest. In the background, another mannequin and a yellow AED (Automated External Defibrillator) are visible.

Skills for life

Defibrillator and CPR Training

🕒 **1 August 2023 (9am – 12.30pm)**

📍 **Cornerstone, 2 Edward Street, SK1 3NQ**

Learn how to recognize a casualty – including heart attacks and sudden cardiac arrest.

Get hands-on and learn how to operate a real-world defibrillator

To book a space, email
customer.training@stockporthomes.org
 or call 0161 474 2862



standguide group

Level 1

Skills for Logistics

COURSE OVERVIEW

Looking to begin a career in warehousing and logistics?

This Level 1 Skills for Logistics qualification will not only provide you with the necessary knowledge and skills but it will also provide you with access to warehouse opportunities in the local area.



WHAT YOU WILL LEARN

This course will provide you with the knowledge, understanding and an introduction to the skills required in logistics to support with progression into employment.

- The units that will be covered include:
- Working in Logistics
- Picking and Distribution Goods.

START DATES

Initial assessment
Tuesday 4th October
12.00pm - 14.30pm
Farnside One JCP, Tameside One, Floor One,
Marketplace, Ashton-Under-Lyne, Greater
Manchester, OL8 6BH.

Course begins
Thursday 6th October - Friday 14th October
09.30am - 03.00pm
Standguide Logistics Office



Skills for life

Canine First Aid

🕒 24 January 2023 (9.30am – 4.30pm)
📍 Cornerstone, 2 Edward Street, SK1 3NQ

Learn essential skills to keep your dog safe, including how to deal with bleeding, broken bones, choking, heat stroke, and much more.

To book a space, email
customer.training@stockporthomes.org
or call 0161 474 2862



Skills for life
Stockport Homes Level 2 in

Participation

🕒 **Tues, 20 June – 22 Aug 2023 (1pm – 4pm)**
📍 **Cornerstone, 2 Edward Street, SK1 3NQ**

This interactive, accredited programme is aimed at anyone interested in volunteering, or developing their professional skills in general.

To book a space, email
customer.training@stockporthomes.org
or call 0161 474 2862

 **SKy|light**
Present to be part of SKY

 www.SK-y-light.org
 @skylight_sk

 www.SK-y-light.org
@skylight_sk

Funded by

GMCA GREATER MANCHESTER COMBINED AUTHORITY

 **European Union**
European Social Fund

 **Orsted**
Group

 www.SK-y-light.org
@skylight_sk

 www.SK-y-light.org
@skylight_sk



Skills for life

Intro to Photography

📅 3 May – 7 June 2023 (9.30am – 12.30pm)
📍 Cornerstone, 2 Edward Street, SK1 3NQ

Over six sessions, you'll learn the basics of photography and try different styles such as portrait, still life, landscape, nature and more.

To book a space, email
customer.training@stockporthomes.org
 or call 0161 474 2862



Skills for life

Manual Handling

🕒 14 July 2023 (1pm – 4pm)

📍 Cornerstone, 2 Edward Street, SK1 3NQ

Learn the skills to lift, carry and move objects safely, reducing your chance of injury. Essential for many jobs.

A great addition to anyone's CV.

To book a space, email
customer.training@stockporthomes.org
or call 0161 474 2862



Skills for life

Safeguarding

🕒 9 November 2022 (9.30am – 12.30pm)
📍 Cornerstone, 2 Edward Street, SK1 3NQ

Learn about the issues and procedures involved in protecting vulnerable adults and children. Essential for anyone who works with the public, looks great on a CV.

To book a space, email
customer.training@stockporthomes.org
or call 0161 474 2862



Skills for life

Seasonal Cooking

🕒 Mondays 27 Feb to 20 Mar (12.30pm – 3pm)
📍 Taylor's, Woodley, Stockport, SK6 1RJ

Over four sessions you'll learn how to cook tasty, nutritious food on a budget. Each session is themed around a different season.

To book a space, email
customer.training@stockporthomes.org
or call 0161 474 2862



Skills for life

Video Storytelling

🕒 27 February 2023 (9.30am – 4pm)
📍 Cornerstone, 2 Edward Street, SK1 3NQ

Learn how to make short videos on your mobile phone with Shajan Miah, Broadcast and sports journalist at the BBC

To book a space, email
customer.training@stockporthomes.org
or call 0161 474 2862



Skills for life

Intro to Pottery

🕒 9 March 2023 (10am – 1pm)
📍 Yellowhammer, 15 Lower Hillgate, SK1 1JQ

Get started in pottery. Learn how to make your own beautiful creations out of clay, decorate and fire them and take them home to impress your friends and family.

To book a space, email
customer.training@stockporthomes.org
or call 0161 474 2862

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Helping to improve self-confidence, executive functioning skills, independence, wellbeing, and quality of life

Infographic snapshot overview May 2022 - May 2023



52 Clients with disabilities, brain injuries, and autism have had continued case managed support



53% of the Clients were autistic
41% were undiagnosed and being supported by us to get diagnosis



7 Clients had Psychotherapy for childhood and/or post service trauma



NO WRONG DOOR
62 Clients have attended our community drop-in's for 'one off' appropriate information & advice meeting their needs



14 Clients were supported to maximise their income through benefit takeup totaling approx. £61,744.87



24 Clients were supported to reduce their debts totaling £325,000 through appropriate debt related solutions



29 Clients had specialised autism support to prevent further autistic meltdowns and shutdowns



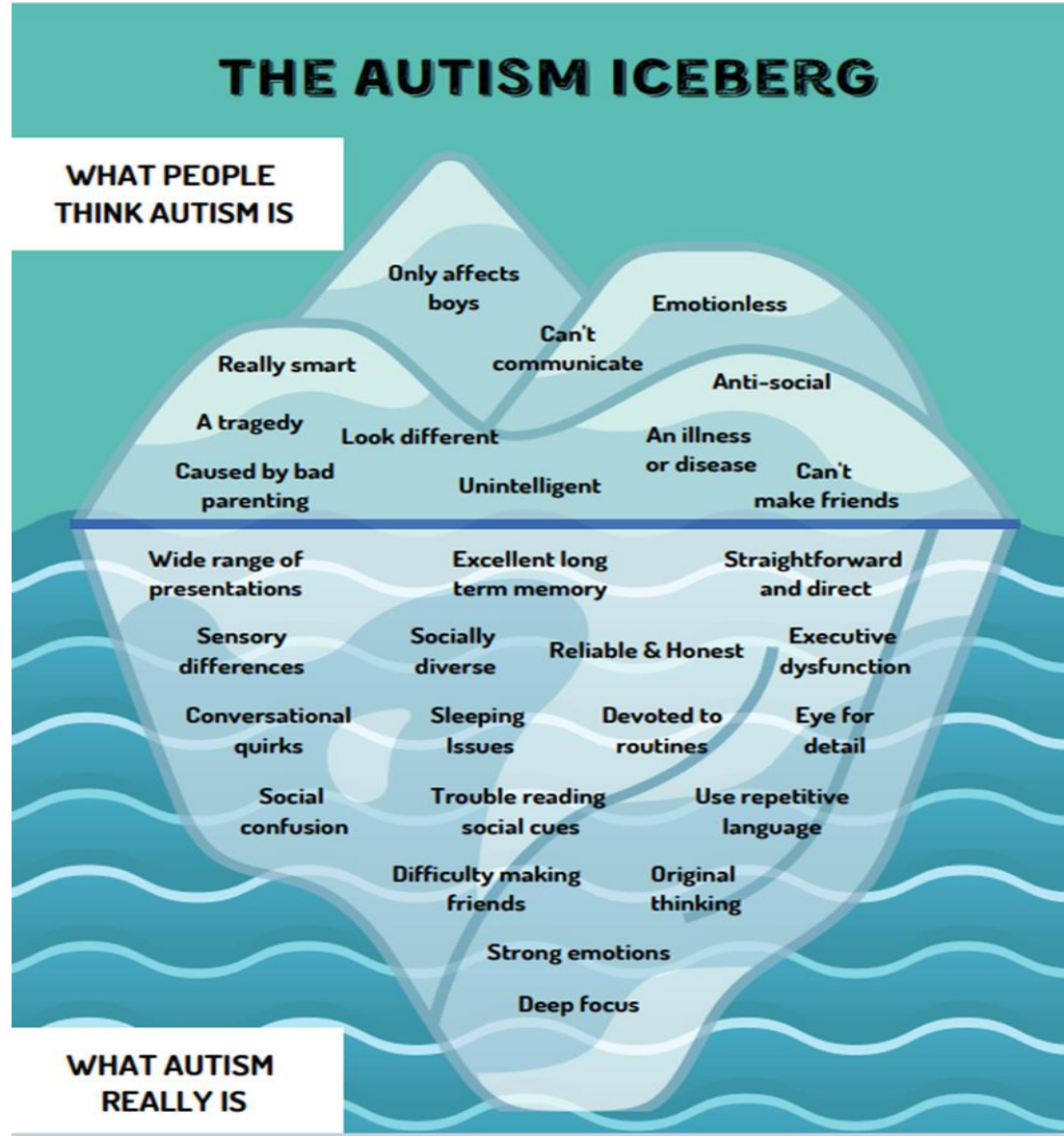
21 Clients had continued support with budgeting and managing their tenancy to prevent homelessness



19 Clients with disabilities and autism are attended one or more of our health & wellbeing activities to help improve their wellbeing & quality of life, and reduce their isolation

Why Disability Stockport?

We understand neurodiversity:



We understand the clash of co-existing conditions:

Studies show that between 50-70% of individuals with Autism Spectrum Disorder also present with co-morbid ADHD.

My Autism needs to be in control... **BUT** my ADHD causes frequent loss of control

My Autism relies on organisation & careful planning... **BUT** my ADHD is constantly reorganising chaos

My Autism craves planning & structure... **BUT** my ADHD needs spontaneous plans & decisions

My Autism hates loud unexpected noises... **BUT** my ADHD is often loud & hyperactive

My Autism too much attention to detail... **BUT** my ADHD lacks attention to detail & causes mistakes

My Autism loves routine & order... **BUT** my ADHD can't stick to routines & I'm easily bored

Individuals often implement suggested strategies to better manage their singular diagnosis but may find them ineffective due to contradictory symptoms of the other undiagnosed condition.

We know that:

- ADHD remains critically underdiagnosed in the Justice System, with 1 in 4 prisoners in the UK believed to have ADHD.
- People with ADHD are 5 - 10 times more likely to have alcohol addiction than those without.
- Adults with ADHD have a higher prevalence of substance abuse disorder (15.2%) compared to those without ADHD (5.6%).
- Between 33% - 44% of young people with ADHD will experience alcohol misuse or dependency.
- Adults with ADHD are 5 times more likely to have attempted suicide than those without (14% vs 2.7%) This figure rises to 1 in 4 for women with ADHD.
- Just 30% of Autistic adults in the UK are in any form of paid employment. This is amongst the lowest rates of employment for people with additional needs or disabilities.
- Autism is 3 times more prevalent in males than females (it's thought that females tend to be better at 'masking' their difficulties to 'fit in' with society's expectations - autism traits in females are also under-reported and hence it being under-diagnosed or missed).
- Studies of Autism in adults show that up to 80% of people have difficulty obtaining a diagnosis, with many adults having not received a formal diagnosis.
- Autistic people are at a higher risk of suicide than neurotypical (non-autistic) people. Figures show that 66% of autistic adults had thought about suicide during their lifetime, and to 35% had planned or attempted suicide (*Hedley, D., & Uljarević, M. 2018*).
- Autistic people are more at risk of dying by suicide than neurotypical people, with the highest risk seen in autistic people without co-occurring intellectual disability (*Hirvikoski, T. et al 2020; Kirby, A.V. et al. 2020*).
- Just like in the general population, experiencing mental health problems, social isolation and unemployment can increase suicide risk in autistic people. Yet, being autistic in itself is thought to contribute to this risk over and above these other factors (*Cassidy, S. A. et al 2018b*).
- Autistic people can also experience alexithymia, making it difficult for them to identify and describe their own emotions (*Costa, A.P. et al 2020*). Therefore an individual may not recognise they are in crisis or be less likely to seek help if they can't put their feelings into words.

We understand the Veteran profile and accommodate it through:

Helpful approaches...

- ✓ Build relationships and trust
- ✓ Be non-confrontational
- ✓ Be Flexible/imaginative
- ✓ Negotiate, collaborate
- ✓ Reduce anxiety & increase certainty
- ✓ Balance demands/tolerance
- ✓ See the person – explore interests, engage positively, and see their strengths
- ✓ Safety first but minimise ground rules
- ✓ Allow plenty of time & plan ahead
- ✓ Keep expectations simple
- ✓ Make reasonable adjustments to: Environment, Support style. Daily activities
- ✓ Positive – outlook & body language, expect the unexpected
- ✓ Stay Calm and level
- ✓ Play the long game – build personal understanding and self esteem



Preventing escalation...

- Be non-confrontational
- Use a distraction technique, keep them busy
- Ignore if possible
- Alternatives that can't be interpreted as critical or hostile
- Use choice to help maintain some control over the situation
- Validate their feelings with a neutral phrase such as "I hear you"

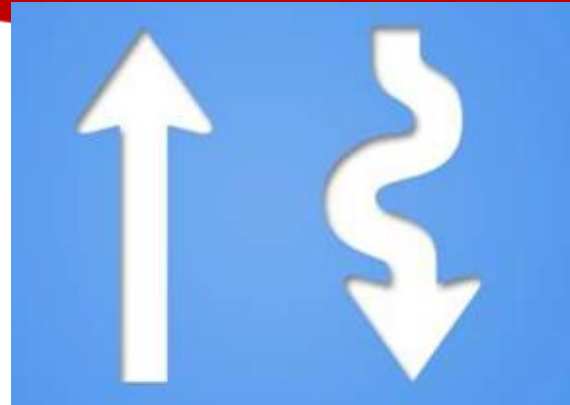
Always remembering the Veteran profile...



~~X Conventional approaches X~~

We also know:

What works today might not work tomorrow.... But may work again next week

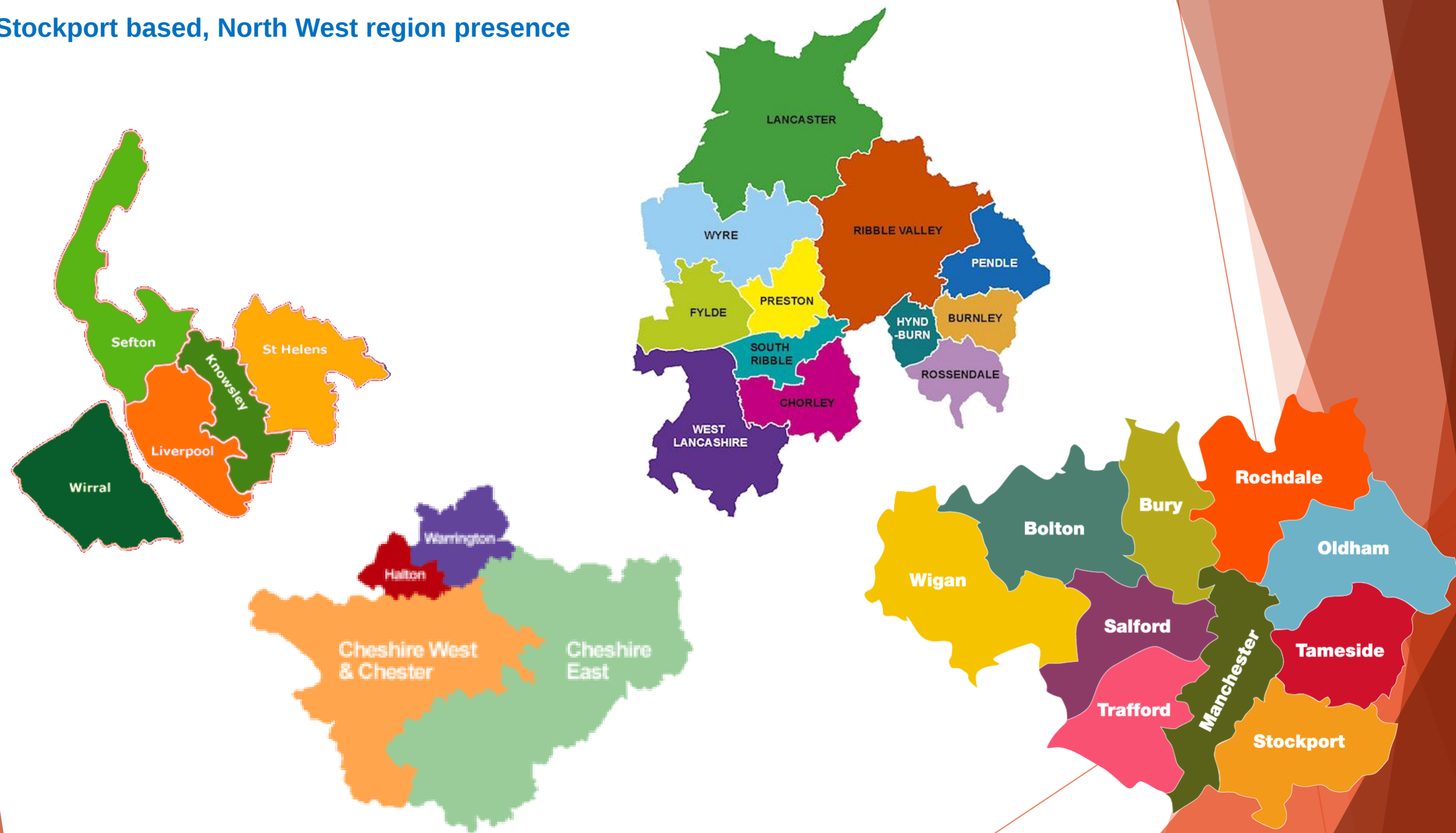


We fully understand complex needs and the benefits of collaborative working

The success to supporting anyone with complex needs to move forward and improve their health & wellbeing, quality of life, situation, and have a brighter future, can only be achieved by working together and reducing confusion. Drawing upon other external resources and subject matter experts' services, and by providing a well-co-ordinated and case managed multi-agency collaborative approach.



Stockport based, North West region presence



How to refer in?

Page 1 of 2

Referral form to Live at Ease

****Please complete both pages in full****



REFERRER									
Name:					Date:				
Organisation/service:									
CLIENT'S PERSONAL DETAILS									
Name:					DoB:				
Address:									
Post Code:					National Insurance Number:				
Tel No:			Email:						
Any Safeguarding or Risks/Triggers?									
Any communication difficulties?									
Please indicate below for each question with an X in the box									
Does the person have any kind of disability, please indicate below?					YES		NO		
Physical		Mental Health		Brain Injury		ADHD		Autism	
Sensory		Learning Difficulties		Other:					
Has the person served in the Armed Forces? (ENTER details below)					YES		NO		
Is the person a dependant/partner of someone who has served in the Armed Forces? (ENTER their service details below)					YES		NO		
Is the person engaged with any support services or groups?					YES		NO		
Does this person have any kind of support network close by?					YES		NO		
Does the person feel isolated or socially excluded due to their disability or autism?					YES		NO		
Is the person at risk of homelessness?					YES		NO		
Does the person have any priority urgent needs within next 7 days?					YES		NO		
If URGENT, please state why:									
IMPORTANT – Please complete the person's UK military service details									
Royal Navy		Army		RAF		Royal Marines		Regular	
Service Number:					Dates of service (years):				
Ship, Regt, Trade, Unit:									
Can this person provide proof of their service?					YES		NO		
If this person has no proof of service, will they allow us to request it?					YES		NO		

Please complete page 2 with as much relevant information as you can regards their situation, and if they are getting any current support, so we do not duplicate.

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Page 2 of 2

Please indicate below help/support required with an X in the box									
Wellbeing		Homelessness		Debt		Benefits		Welfare	
Support		Employability		Other -					
GIVE A BRIEF Outline of Identified Issue/s Or Support Required									
Please provide a brief outline of issues, support/help they require, and what information, advice and/or support you gave them so far. Any key dates or timeframes for benefits or housing issues									
Referrals made or Advice, Information, or Support given so far by you?									
Consent (indicate with an X as appropriate)									
Does the person consent to you referring them to Disability Stockport?					YES		NO		
Have you told the person we will send them a message on WhatsApp, text, or email to confirm they have been referred to us, and the importance they reply to it?							YES		
Their preferred method or methods of contact is (please indicate with an X)									
Phone call		WhatsApp		Text		Email			

DISCLAIMER: By sending this referral form you confirm that the person you're referring has provided verbal consent for Disability Stockport to hold their name and contact telephone number for the purpose of contacting them.

Please send the completed referral to Gav Jones (Veteran Services Manager) on:
gavin.jones@disabilitystockport.org.uk

-CONFIDENTIAL-

Gavin Jones

Veteran Services Manager

gavin.jones@disabilitystockport.org.uk