

Community Support Southwark is managed by The Camden Society.  
Our vision is for a society in which people with a learning disability live their lives to their full potential, free from discrimination.

### Ibrahim's Ideal Week

 Plan out my week	 Postural Management Class	 Out and about in my local area
 Go swimming and enjoy a game of boccia	 Learn new ways of communicating - social media	 Massage

### Jessica's Ideal Week

 Plan out my week	 Take a sailing lesson	 Out and about - shopping and cooking with my friends
 Be creative with media and make my own film	 Write and perform my songs	 Read and debate the local news Get involved in politics

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SUPPORTING PEOPLE WITH A LEARNING DISABILITY TO LIVE THE LIVES THEY CHOOSE

# SUPPORT THAT WORKS FOR YOU



COMMUNITY SUPPORT  
IN SOUTHWARK 2017

## WHAT'S YOUR IDEAL WEEK?

Whether you live on your own or with family, or already have other help, we can work with you to plan your activities at the Riverside Centre, out and about in the community or at home. We will listen to you and help you get support to fit with your personal budget, as agreed with the council.

SUPPORT THAT  
WORKS FOR YOU

You can choose from many different types of support:

### EXPLORE YOUR INTERESTS

Support to try new things or to do the things you already enjoy

### KEEP IN TOUCH WITH FRIENDS

Support to meet up with your friends and family and meet new people at community groups

### KEEP HEALTHY + WELL

Support to help you stay healthy and well

### DEVELOP YOUR SKILLS

Try out a new class or activity and get support to go to college

### FIND A JOB

Support to find a volunteer placement, train for work to learn the skills you need to get a job

### HAVE A BREAK

An opportunity to spend time away from home and visit new places

### GET AROUND

Support to travel around London and to learn how to use public transport



## WHAT SUPPORT CAN I GET?

You can come to the Riverside to enjoy a range of activities that suit you. You can also receive support from an individual support worker or share your support with friends or people who want to do the same things as you in a community activity session

## WHERE CAN I BE SUPPORTED?

You can get support at our base at the Riverside, at another community location, out in the community or at your own home. We can support you to do any kind of activities that you choose.

## WHEN COULD I GET MY SUPPORT?

We can offer support in the daytime, evening and on weekends. We will work with you to make sure you get the support you want at the times you want it.

## HOW DO I PAY?

With your personal budget. The Council or a third party can make a payment on your behalf or you can. In other words we will accept payment in anyway that suits you!