

LEISURE ■ ARTS ■ HEALTH ■ SPORTS ■ JOBS ■ TRAINING

# iPLAN

LIFE PLANNING  
SERVICES IN  
OXFORDSHIRE



# FULFIL YOUR DREAMS WITH iPLAN LIFE PLANNING SERVICES

EXPLORE OXFORDSHIRE  
LEARN NEW SKILLS  
MEET NEW PEOPLE



**Our iPLAN service in Witney and Banbury makes it easy for you to plan for what you want to get out of life.**

**With iPLAN you can:**

**GET SUPPORT TO WORK OUT YOUR GOALS  
AND ACHIEVE WHATEVER YOU WANT**

**BOOK ONTO COURSES AND CHOOSE ACTIVITY  
OPTIONS TO GET TO WHERE YOU WANT TO BE**

**ENJOY INTERESTING DAYS IN  
YOUR NEIGHBOURHOOD**

**EXPLORE THE BEST THAT OXFORDSHIRE  
HAS TO OFFER**

**BECOME AS INDEPENDENT AS POSSIBLE**

## WHAT PARTS OF MY LIFE CAN iPLAN HELP WITH?

**iPLAN** can support you with whatever you want. If you're into learning, leisure, arts, sports and health, you'll find a broad range of choices to get involved and build your life in the way you want. Try things for the first time. Get to know, and be known in, your local community. Learn new skills and make new relationships. Aim to get a job or some qualifications.

Whatever you want to do, we can help you to achieve it. Any **iPLAN** service can also include transport if you need it. If you have a learning disability and live in Oxfordshire, take a look at the ways in which **iPLAN** can support you:

### LEARNING FOR LEISURE

Try technology sessions, use the internet to research what's on and catch up with friends on email. Explore your area on a nature walk or dig up some history at a local museum. Improve your money and travel skills – lunch in local cafes and get out and about using public transport.



### CREATIVE AND PERFORMING ARTS

Express yourself, produce short plays and perform in local theatres as part of our drama and improvisation sessions. Learn camerawork and photography and make your own documentaries, short films and animations. Try a flower arranging class, or get hands on with a craft session.

### BODY AND SPIRIT

Unwind with aromatherapy and massage. Work on your body image, confidence and self-esteem in a Discover Yourself session. Or ease yourself in gently with a jacuzzi or hydrotherapy treat.

## SPORTS FOR COMPETITION AND LEISURE

Join a sports club, train to be the best you can be and practice your skills for Olympic success. Take to the water with accessible sailing sessions. Scale a climbing wall or go for a gentle round of golf, a yoga workout or fishing afternoon.



## TRAINING FOR WORK

Book onto training for work courses where you'll get all the support you need to be successful. Try our Qualification Starter Package to get training in basic skills for work, impress employers and update your CV. Whether you want to work in IT, social care, catering or retail we'll support you to get the training you need.

## JOB SEARCHING

Having a job means you earn money, make new friends and help a business or organisation. Get support from an employment advisor to plan your career, try a work placement, apply for jobs and practice interview skills. We'll also support you to learn travel routes and give support even when you've found a job so you can carry on building your career.

## HOW IT WORKS

**iPLAN OXFORDSHIRE** is based in Witney and Banbury.

**iPLAN** is very flexible. You can buy an **iPLAN** service using your direct payments or personal budget. You can choose to get one-to-one support. Or you can get together with friends, pool your money and set up your own service as a group. Whatever you decide, **iPLAN** will give you support that is designed to meet your needs and choices.

With **iPLAN** you'll get support to explore your ideas, research what's on offer and set your personal goals. Planning together every six months, we'll create an **iPLAN**. Your **iPLAN** will support you to build your skills and make contacts with the people and organisations that can help you achieve what you want.

With support to do the activities of your choice you will also be involved in tracking your progress. This means you will update your **iPLAN** and talk about how you are doing and what you want to do next. It will make sure you're still happy with your **iPLAN** and that it is supporting you to achieve your goals.

## WHO IS IT FOR?

**iPLAN** is for anyone with a learning disability who lives in Oxfordshire. We support people with autism, people with complex needs and older people with learning disabilities.

## HOW LONG CAN I USE THE SERVICE FOR?

It is totally up to you. You might decide to use **iPLAN** services for a short time to reach one goal such as learning a new travel route. Or, you can use **iPLAN** for longer to find new interests and get support in many different areas of your life. **iPLAN** is flexible so you can dip in and out as you need to.



# FULFIL YOUR DREAMS WITH iPLAN LIFE PLANNING SERVICES

| MON                                     | TUES                        | WED                     | THURS                  | FRI                                  | SAT                         | SUN |
|---|-----------------------------|-------------------------|------------------------|--------------------------------------|-----------------------------|-----|
|   |                             | 1<br>Technology session | 2                      | 3<br>Go Sailing!                     | 4                           | 5   |
| 6<br>Lunch with friends at Mario's Cafe |                             | 8                       | 9<br>Chill out at yoga | 10                                   | 11<br>Work on travel skills | 12  |
| 13                                      | 14<br>Street photography    | 15                      | 16                     | 17<br>Health & Safety at Work course | 18                          | 19  |
| 20<br>Practice swing at golfing range   | 21                          | 22                      | 23<br>Drama rehearsals | 24                                   | 25                          | 26  |
| 27                                      | 28<br>Relax at aromatherapy | 29                      | 30                     | 31<br>Sort out a work placement      |                             |     |

## WHERE WE ARE

**iPLAN** is all about living life to the full by achieving personal goals and fulfilling dreams. Because of this, most of the time we are out and about exploring Oxfordshire, using the best that our community has to offer.

We run two bases in Oxfordshire. We use these for training courses, working on iPLANs together, some sessions and for researching what's on.

Find out more at:

### iPLAN IN WITNEY

Contact: Maria Shirley, Manager on 01993 773832

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### iPLAN IN BANBURY

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## iPLAN LIFE PLANNING SERVICES IN OXFORDSHIRE



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