

WHERE WE ARE

iPLAN is all about living life to the full by achieving personal goals and creating community networks to fulfil dreams. Because of this, most of the time, we're out exploring London and supporting people to develop lifestyles that use the best their community has to offer.

However, we run four different bases in Southwark. We use these bases for some sessions, for training courses, for working on your plan together and for researching what's on in London. With four bases across Southwark, we're sure to have one near you.

iPLAN AT COMMUNITY PROJECT NORTH (BERMONDSEY)
49a Grange Walk, Bermondsey, London SE1 3DY

iPLAN AT COMMUNITY PROJECT SOUTH (EAST DULWICH)
First Floor, Fred Francis House, 269-281 Lordship Lane, London SE22 8JG

iPLAN AT THE GRANGE (BERMONDSEY)
12-13 Grange Rd, London SE1 3BE

iPLAN AT QUEENS COMMUNITY CENTRE (PECKHAM)
133-137 Queens Road, London SE15 2ND

iPLAN LIFE PLANNING SERVICES

FIND OUT MORE

To find out more about our Southwark iPLAN service and what it can do for you, contact a service manager:

Tel:

07814 875544

or

07814 875725

Email:

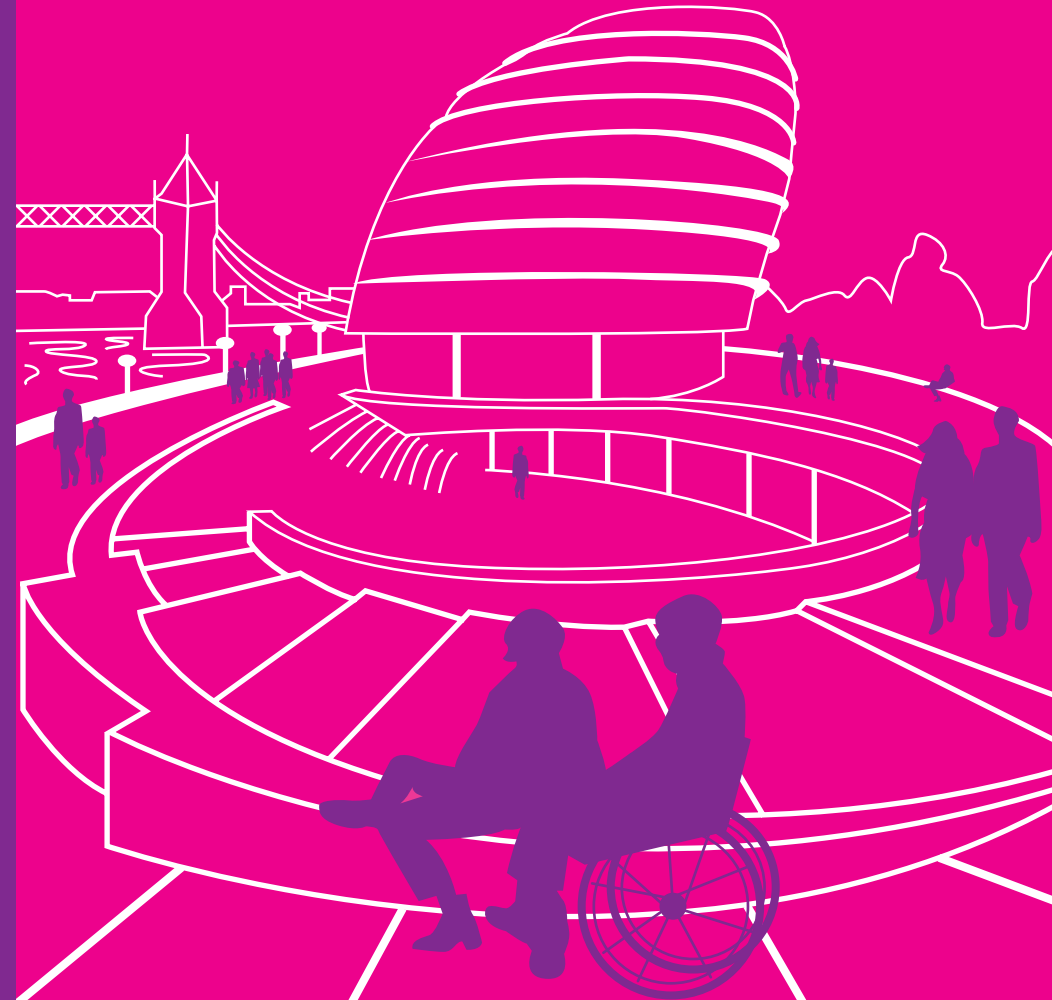
iplan@thecamdensociety.co.uk



LEISURE ■ ARTS ■ HEALTH ■ SPORTS ■ JOBS ■ TRAINING

iPLAN

LIFE PLANNING SERVICES IN SOUTHWARK



FULFIL YOUR DREAMS WITH iPLAN LIFE PLANNING SERVICES



Our iPLAN service in Southwark 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 LONDON 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 Southwark, take a look at the ways in which **iPLAN** can support you:

LEARNING FOR LEISURE

Try technology sessions, learn to research what's on using the internet and catch up with friends with email. Explore your city on a London walk, dig up some history on museum visits or use your local library to find out what's on. Improve your money and travel skills by lunching in different cafes and restaurants and using public transport.



CREATIVE AND PERFORMING ARTS

Express yourself, produce short plays, and perform in London theatres with our drama and improvisation sessions. Learn camerawork and photography to make documentaries, short features and animated films. Display your talents in a flower arranging class, or get hands on with a craft session.

BODY AND SPIRIT

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

SPORTS FOR COMPETITION AND LEISURE

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



TRAINING FOR WORK

Book onto training for work courses at The Camden Society's Employment and Learning Centre where you'll get all the support you need to enjoy success. Try our Qualification Starter Package that includes basic qualifications that are suitable for any job and will showcase your skills to employers. Join our Central Station programme and take an introductory course for entry to work in Health & Social Care, Catering & Hospitality, Customer Service & Retail or Administration & IT.

JOB SEARCHING

Having a job means you can earn money, make new friends and make a positive contribution to a business or organisation. Get support from an Employment Advisor in a local agency to plan your career, arrange a work placement, apply for jobs, and practise interview skills. Learn new travel routes to work and get ongoing support to build your career.

HOW IT WORKS

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

You'll get support to access the activities of your choice, and will be involved in tracking your own progress. By doing this at regular stages, we'll make sure that you're still happy with your **iPLAN** and that it is taking you on the right path to strengthening your skills and achieving your goals.



WHO IS IT FOR?

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

HOW LONG CAN I USE THE SERVICE FOR?

It's totally up to you. It may be that you decide to use **iPLAN** services for a short time only to help you to reach one particular goal such as learning a new travel route. However, you may prefer to use **iPLAN** for a longer amount of time to explore your 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 |
|---------------------------------------|---|--------------------------|------------------------|--------------------------------------|-----|-----------------------------|
| | | | 2 | 3 Go Sailing! | 4 | 5 |
| | 6 Lunch with Friends at Mario's Cafe | 7 Technology session | 8 | 9 Chill out at yoga | 10 | 11 Work on travel skills |
| 13 | 14 | 15 Street photography | 16 | 17 Health & Safety at Work course | 18 | 19 |
| 20 Practice swing at golfing range | 21 | 22 | 23 Drama rehearsals | 24 | 25 | 26 |
| 27 | 28 Relax at aromatherapy | 29 | 30 | 31 Sort out a work placement | | |