

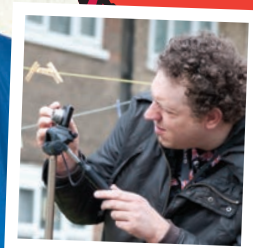
If you live on your own, with your family, a partner or someone who cares for you, you can buy support for living from the **Community Support team**. This team works daytime, evening and weekends, including bank holidays. Check out the support you can get in this leaflet.

You can make your support go further by **Sharing Support**, including some of our Social Inclusion activities.

Andrew's Journey

Andrew has two hours support. This is mostly about reading letters and bills and being nudged about appointments. He gives many more hours back to other people and to Three Cs.

"I am very independent and I contribute a lot to other people"



INVESTORS
IN PEOPLE

Silver





SUPPORT 4 Living

We support people to control and choose their own lives and contribute to the community as equal citizens.

We focus on people's strengths and interests to build confidence, skills and independence.

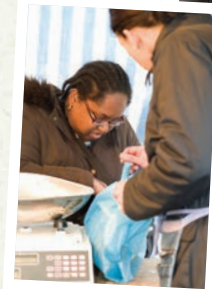
We promote social inclusion, including social activities, paid jobs and volunteering.

Like Andrew, here's how we have supported Andrea and Tony to get out and about in their communities and lead richer, fuller lives.

Visit our website for more about the people in this leaflet and our own unique approach:

www.threecs.co.uk

"I live independently in a ground floor flat. It's the best place I have ever lived"



Tony's Journey

Tony likes speaking up as a member of Three Cs Social Inclusion Task Force. He won an award for Speaking Out at Celebratory Success 2018. Tony is fun-loving and likes to let his hair down too. He came up with the idea for a social contact group called Only Pub Grubbers. "I want to meet new people and help sort out getting people together" he says.





Andrea's Journey

Andrea is supported with shopping, appointments, going to college and learning new skills like cooking. The team at Three Cs helps Andrea to co-ordinate her activities and plan just the right amount of support.



"I am a member of the Task Force Action Group"



Three more things that make great



1

iPlanit

At Three Cs, person-centred planning is supported by iPlanit. Everyone we support has a user-friendly account on computer where outcomes and actions agreed in person-centred planning are logged. It helps make sure that the outcomes most important to the person are kept in view until they have been achieved.

2

Celebrating Success



Evidence from iPlanit is used to work out who has achieved their goals and made successful contributions to their own lives or the lives of others. People receive Independence and Community awards and prizes at Celebrating Success events.



3

Employment Pool



Instead of getting agencies or temps in, we offer paid jobs in our Employment Pool to people we support. As well as earning money, it helps people gain experience and learn skills to get into permanent paid employment.



A checklist of support you can get from the Community Support team at Three Cs



More support you can get from Three Cs



INDEPENDENCE



Three Cs Independence and Community Awards celebrate people making a difference to their own lives and/or the lives of others

COMMUNITY



Next Steps

To find out if Three Cs can offer you the right support, please ring Customer Services on 020 8269 4340



You can read this brochure in Plain English or Easy Read or we can make you a CD. Contact us for your copy

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Registered Charity Number: 1047736

The information contained in this report was compiled in good faith and to the best of our knowledge is accurate at October 2018