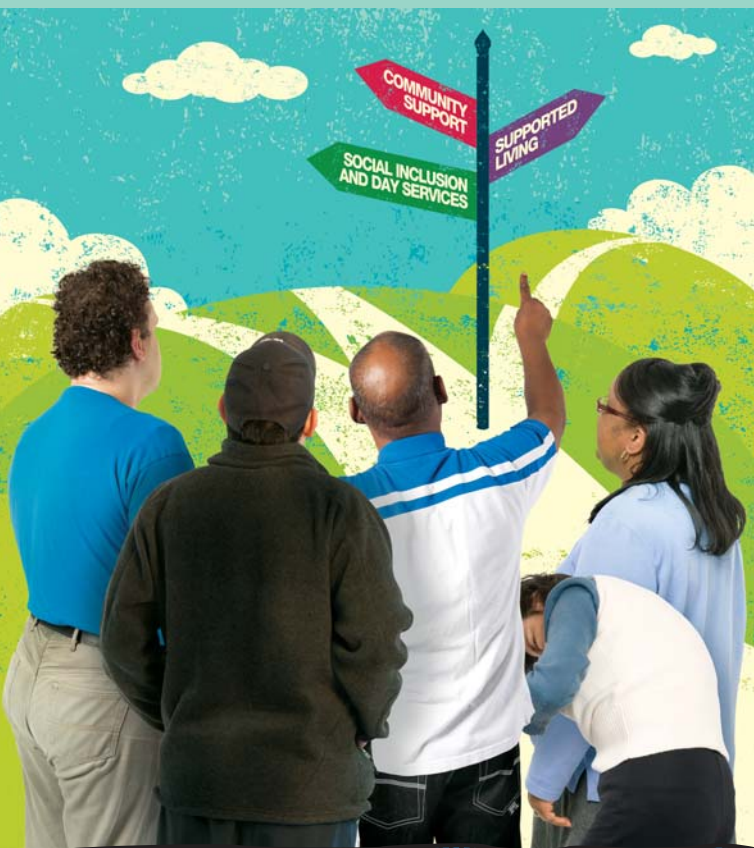




# SUPPORT 4 Living

We support people to have  
**control** over and **choice** about  
their lives and to contribute to  
the **community** as equal citizens



Control and Choice in the Community for People with  
Learning Disabilities and/or Mental Health Challenges

CAMPAIGN FOR A  
**FAIR SOCIETY**



INVESTORS  
IN PEOPLE | Bronze



three Cs

## Our commitments:

- 1 Your well-being and safety is the most important thing.** We focus on you being well and happy. We support you to be safe and to take positive risks to get the most out of life.
- 2 You should always be at the centre.** You are in control of your plans, your life, and the support you get from Three Cs as a customer.
- 3 You have the right to be fully included in society.** We support you to have a job, to volunteer, to learn and get qualifications. We understand the importance of your social life and promote your rights to be an equal and active citizen.
- 4 It is our job to help you be independent.** We support you to get your rights and to use services in the community. We learn what works for you. We teach you skills. We help you use technology.
- 5 We should respect and support your relationships.** This means being a good partner with the professionals who support you, and your family and friends. It means respecting your right to a relationship, marriage or civil partnership.



# SUPPORT 4 Living

## Who are we?

Three Cs stands for 'Control and Choice in the Community' for people with learning disabilities and/or mental health challenges.

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

## What do we do?

We provide support for living in East and South East London. We do this through **Community Support, Supported Living, and Social Inclusion and Day Services**. We sell services to individuals on personal budgets or through direct payments. Our approach is based on the social model of disability and the recovery model of mental health.

## What is important to us?

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. We expect staff, volunteers and Trustees to be **HAPPI** in their work for Three Cs. That means:

**Honest • Accountable • Professional  
Person-centred • Inclusive**

INDEPENDENCE



COMMUNITY



## Community Support

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.



**“I am very independent and I contribute a lot to other people”**

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.

**Andrew's Journey**

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## Supported Living

If you live on your own or share with others who are being supported to live independently, you can get support from our **Supported Living team**.

The team works 24 hours a day, 365 days a year. You can get support daytime, evenings, at night, at weekends, on bank holidays – and while you are on holiday.

## Carol's Journey



“The most important thing to us is that Carol is safe and well-cared for and has a varied and interesting life” Mum & Dad

Because Carol is deaf and blind she needs 24 hours support which she shares with others in an ordinary house. Carol lets people know what she wants through touch and movement, including pulling staff in the direction she wants. We get together with Carol's family to make big decisions in Carol's best interests.

# Social Inclusion and Day Services

You can get support to **volunteer** or **get and keep a job**, to **get involved in new activities**, to **meet people and make new friends**. You can buy support for activities to replace your day services.

**“I like giving to people. I enjoy working hard and being busy. It’s good for you”**

Donovan attends Crossways Day Service. He thrives on using his skills to make a difference. His commitment and energy is impressive. He takes every opportunity that comes his way to contribute and to give back to others through his voluntary work and mutual support.

**Donovan's Journey**

# 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.

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## 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.



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## 3 Skill Swap



People can contribute skills to other people or Three Cs – and get support or activities in exchange. Skill Swap accounts and cheques help to keep track of hours given and hours taken.



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



Personal Care



Medication



24hr Support  
(Sleep-in)



24hr Support  
(Waking Night)



Holiday Support



Housework



Cooking



Tenancy Support



Money and Bills



Travel for  
Social Activities



Social Activities



Speaking Out



Health and  
Fitness



Friendships and  
Relationships



Skills 4 Living



Get and Keep  
a Paid Job



Volunteer



Learn and  
Go to College



Behaviour



Communication  
and Sensory



Mental Health  
and Wellbeing



Parenting



Assistive  
Technology



Social Inclusion  
Assessment



Appointments



Meet and Share  
Interests/Hobbies



Leisure  
and Sports

## 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 July 2012