

We Offer the following :

- YOUNG VOLUNTEERS UNDER 30 YEARS OLD TO SUPPORT FRIENDSHIPS EITHER IN THE PERSONS HOME OR AT THEIR FRIENDS HOME OR TO GO OUT WITH THEIR FRIENDS •
- TO DEVELOP A WIDE RANGE OF EVERYDAY OPPORTUNITY IN THE COMMUNITY TO ENABLE YOUNG PEOPLE TO LIVE ORDINARY LIVES AND TO DEVELOP INTEREST AND NEW EXPERIENCES •
- TO SUPPORT FAMILIES TO HAVE A BREAK AWAY FROM THEIR CARING ROLE •
 - TO SUPPORT FAMILIES THROUGH THE CHANGES FROM LEAVING SCHOOL TO THE NEXT STEPS INTO ADULTHOOD AND TO ENCOURAGE FAMILIES TO BUILD FRIENDSHIPS WITH OTHER PARENTS •
 - TO SUPPORT FAMILIES TO RECRUIT STAFF AND TO SHARE THE COST WITH OTHER FAMILIES FOR ACTIVITIES WITH THEIR FRIENDS •
 - TO SUPPORT FRIENDSHIPS ESPECIALLY IN THE LAST YEAR OF SCHOOL AND COLLEGE TO HELP PEOPLE KEEP THEIR FRIENDSHIPS •

**WE LISTEN TO
WHAT YOUNG
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AND WE RESPOND
QUICKLY TO WHAT
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WE ARE FLEXIBLE
AND CREATIVE IN
OUR APPROACH.
WE KNOW WHAT
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AND WHATS
GOING ON IN THE
COMMUNITY.**

t: 07796 678 939

w: www.friendsandplacestogether.org.uk

e: info@friendsandplacestogether.org.uk

fb: www.facebook.com/FPTinBAndD/

Company Registered Number 8554307

Charity Registered Number 1159584



**Friends And Places Is A
Unique Service Offering
The Chance For Young
Adults To Meet Up With
Their Friends Outside Of
School And College.**

What is F & P?



F & P T are new to London Borough of Barking and Dagenham and have been offered a grant to set up this service locally. Friends and Places have been working in various areas since 2012 and have helped 80 friendships and families have a break in their caring role. This offers disabled young adults who are **12 to 18 years** an opportunity to meet up with friends outside of the school environment.

What makes us Unique:

We listen to what **young people** want in Barking and Dagenham and we respond quickly to what is being asked. We are **flexible** and **creative** in our approach. We all know what you want locally and what is going on in the Barking & Dagenham **community**.



People who we Support:

We **support** anyone who has a disability that involves sensory, learning disabilities, communication difficulties, physical impairments as well as people with complex health **needs**. Also people with Autism and Asperger's

Next Steps:

Contact **Judith**, the Coordinator on **07507 038 774** or email us at judith@banddfriendsandplacetogether.org.uk who will come out and meet families at organised times. Most appointments are in the evenings and at the weekends. If you would like to speak to other families who have used this service then contact **Thea** on **07791305192** or **Simon** on **07775751254**



Statements from the Foundation for people with learning disabilities evaluation Feb 2013:

- It was the first time I felt truly listened to - mum -
- My son now has a life outside of his family - mum -
- He has got more confident and is trying new activities for the first time without his family -

F & P T can help with recruiting staff by matching **skills and interest** with **friendships**. A number of families **share the cost** of support with other families so that funds go further, for example, if 2 friends go to drama together with only 1 carer. This was with agreement with both families. All staff recruited aim to support friendships and are encouraged to have, 1, 2 or 3 friends in the community depending on needs.

Is there a Cost?

There is **no cost** for friends and places' input, but there is a cost for any expenses occurred if friends are going out in the community using a volunteer from F & P T, e.g. going out for dinner with a friend. F & P T usually **set up agreed** amount for activities. F & P T is a not for profit organisation and any funds reserved are used to expand services offered to young people.