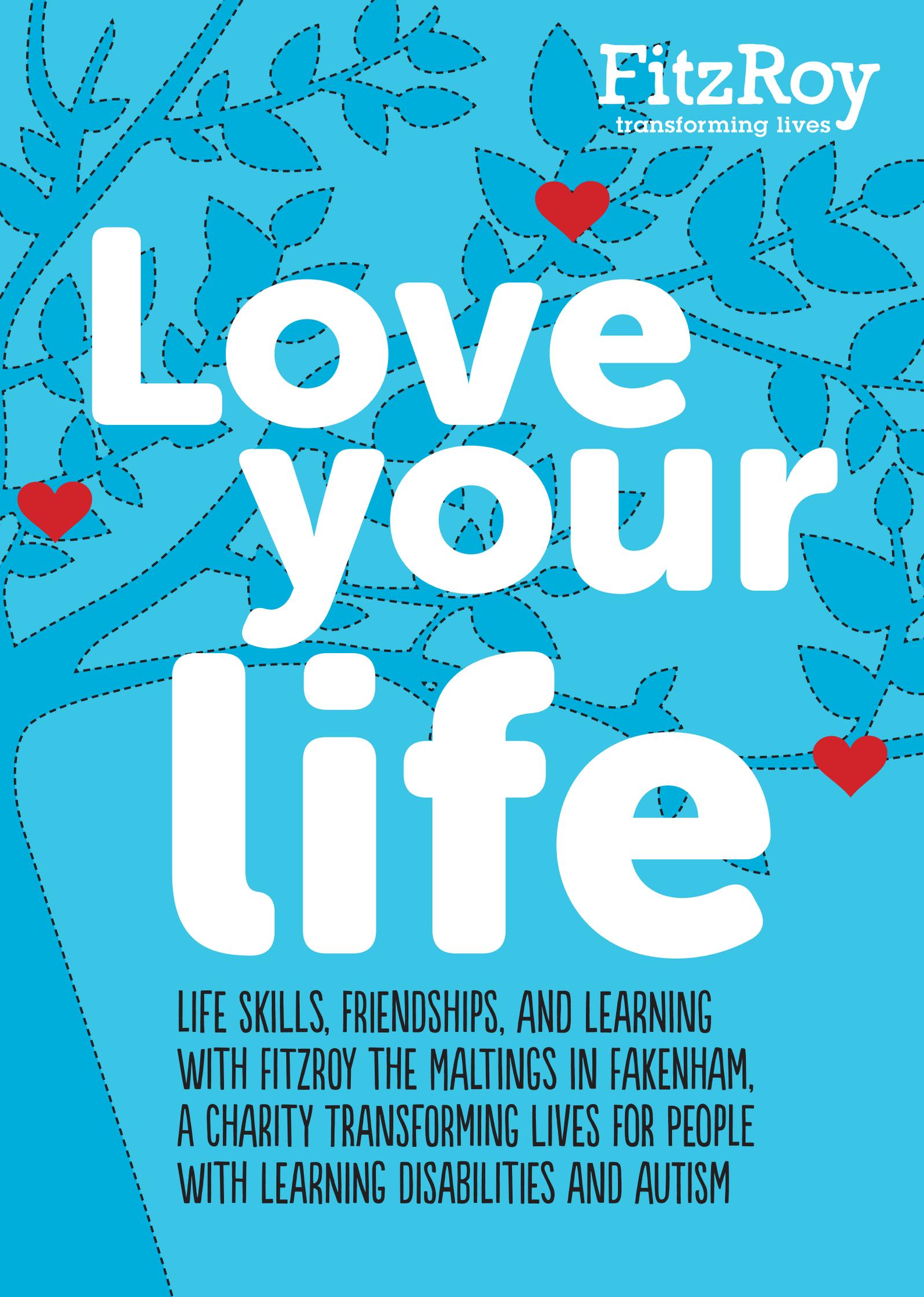


FitzRoy
transforming lives



Love your life

LIFE SKILLS, FRIENDSHIPS, AND LEARNING
WITH FITZROY THE MALTINGS IN FAKENHAM,
A CHARITY TRANSFORMING LIVES FOR PEOPLE
WITH LEARNING DISABILITIES AND AUTISM

Welcome to FitzRoy The Maltings



We believe everyone, whatever their ability, has the potential to learn, grow, and develop. Because of this all our groups are designed to meet the goals and ambitions of people with learning disabilities.

We run all kinds of activity sessions to get people learning new skills, keeping active and making new friends -

from cookery clubs to IT groups, from art projects to shopping trips, from horticulture to communication groups, there's something for everyone. In addition, we support people with disabilities to volunteer at other community projects, using their skills to help others.

By joining a FitzRoy Maltings group, not only will you look forward to each day with us, you will be supported by highly trained and qualified staff on each course.

Enjoy browsing through our guide, and finding inspiration to help you live the life you choose.

Best wishes,

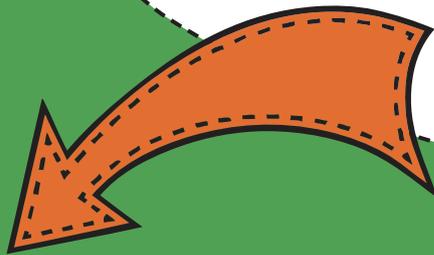
Kerensa Palmer

FitzRoy Manager

OUR PROMISE TO YOU:

- ✓ YOU WILL PLAN YOUR GOALS
- ✓ WE WILL CELEBRATE YOUR ACHIEVEMENTS AND INSPIRE YOU TO SET NEW GOALS
- ✓ YOU WILL GAIN SKILLS AND INDEPENDENCE FOR LIFE
- ✓ YOUR SUPPORT WILL BE TAILORED TO YOUR NEEDS, EITHER ONE TO ONE, OR GROUP SUPPORT.

A BIT ABOUT FITZROY THE MALTINGS



FITZROY MALTINGS has been privileged to work alongside people with disabilities for many years. We've got a great track record in supporting people to

GAIN CONFIDENCE,
COMMUNICATE,
LEARN NEW SKILLS,
DEVELOP AND GROW.

In our happy welcoming support centre in Fakenham over 50 people with a range of different disabilities join us. We also go out and about in the community on trips and outings and enjoying the great outdoors.

As part of a national charity, our staff receive comprehensive training in all aspects of health and social care work. We pride ourselves on our expertise around communication, and our staff are experienced at supporting people with autism. We have a fantastic sensory room which supports sensory integration, exercise, and light physiotherapy work. A place of pride and enjoyment is our new sensory garden, where you can relax, grow flowers and vegetables, and meet people from our community.

JOIN A FITZROY GROUP AT THE MALTINGS

COMMUNICATION

Every person is unique and so is the way they communicate. At FitzRoy we work with you to find your individual preferences. This may be Makaton, sign-along, objects of reference, intensive interaction, or sensory integration. Whatever you choose, we will support you to be heard and understood by those around you.

LEISURE AND HEALTH

Join us and we will support you to participate in a sport of your choice. You will learn the rules of the game and how to play. If bike riding, climbing or swimming are your thing, join us to find out how to stay safe and get the most out of them. Whichever sport you choose learning more about them will increase your confidence, skills, and team involvement. Take your pick:



LIFE SKILLS

Through our range of life-skills workshops, we will help you gain confidence in the following: shopping, budgeting, using public transport, taking care of yourself, taking care of your home, health and beauty, building support networks and making friends. You can also sign up to cooking and baking courses to learn to cook simple snacks like sandwiches or pasta; plan a menu; balance nutrition; and prepare a full course meal. In our fully adapted kitchen you will develop confidence and enjoy cooking the food you love, for you and your friends.



ARTS AND CRAFTS

Find your inner artist. You will choose a project, identify the materials you need, write, or draw, a plan of how you will do your art project, then enjoy making it! Try out paints, chinks, crayons, acrylics, tracing paper, card thick or thin, sugar paper, tissue, and so on. Mix paints to create colours, draw, and sketch. You'll also learn how to keep tidy, store art equipment, and more.

SEWING & KNITTING

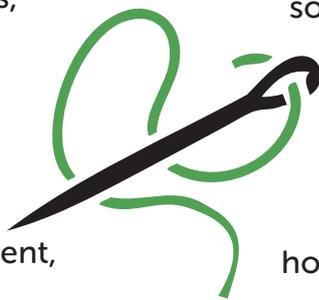
A world of creative craft awaits you. We'll teach you how to be safe when using scissors, needles, and a sewing machine. There is so much to make and create once you've learnt all about stitching, running stitch, back stitch, and cross stitch. You will get used to following instructions, when to start, when to stop, and find out how to make an apron, tablecloth, tea towel, or bag for example. Book now and delight someone by making them a present.

GARDENING

Study and learn as you follow our gardening training. Sessions include planning what to plant, and where, sowing seeds, pricking out, potting, taking cuttings, pruning, pest control, watering, feeding, weeding, composting, harvesting, cut flowers, maintaining tools, health and safety in the garden, and art activities with a horticultural theme.

PHOTOGRAPHY

Get to know your camera and enjoy the wonderful world of photography. Learn everything, from turning it on, focussing the lens, understanding and changing the settings, to taking pictures. You will find out how to delete photos you don't like and save the ones you do, and keep your device ready by learning how to use the charger, and know when it is fully charged.



COMMUNITY INVOLVEMENT

SUPPORTED VOLUNTEERING IN RETAIL

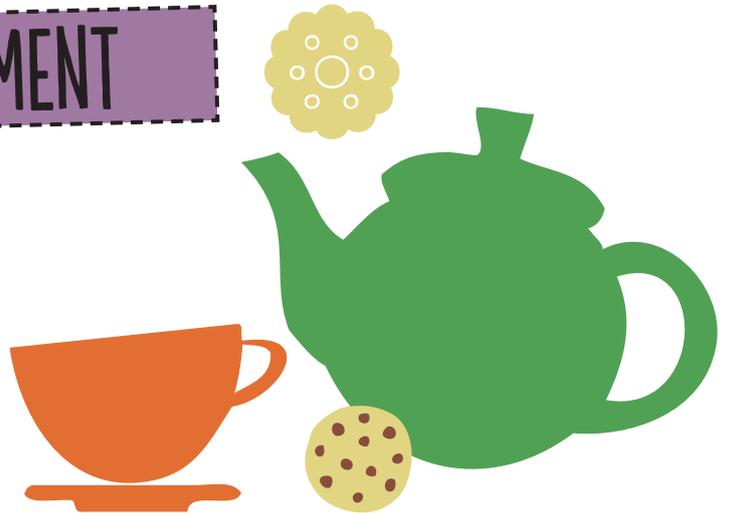
At a local retail store, you will learn how to sort stock and make it ready for display. You will also learn about stock rotation and keeping the shop floor clear and up to date, in good order.

GARDENING

At Gressenhall Farm and Workhouse Museum, you will learn gardening skills whilst maintaining the grounds there. This volunteering project is great for those who love being outdoors and keeping active.

CATERING

Have fun and develop confidence helping out at community cafes. You might be



washing up and clearing tables or making teas and coffees and serving customers.

BUILD YOUR OWN BUSINESS IN A SOCIAL ENTERPRISE SESSION

Have you ever wanted to make things to sell? In our Social Enterprise Sessions staff will support you to become part of a team, develop your own products, and find community events to sell them.

JUST FOR FUN

WE OFFER FANTASTIC OPPORTUNITIES FOR YOU TO EXPLORE NEW PLACES.

Plan a visit to a place of interest such as a park or sailing on the Norfolk Broads. Go for walks along the seafront and the beach, and plan trips to shopping centres, the zoo, and fun fairs, cinema and theatre trips.



If you are interested in coming to the Maltings we can meet and chat with you in your own home, or over the phone. This gives us an idea of your needs, likes and dislikes and helps us to tailor a package of support to suit you.

You can use your personal budgets or personal income to access the service.

CONTACT US BY PHONE OR EMAIL



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We know how daunting the transition can be for young people moving into adult services, and for parents. We can offer free taster sessions for you to come and try the service out.

Or feel free just to pop in for a visit and a look round.

If you decide you'd like to start with us, we'll take the time to get to know you and the people who know you from home or college, so we can get a good idea about the type of support you need.

COSTS

We tailor our support to cater for individual needs, so costs can vary. If you are interested in working with us, please contact us and we can discuss costs. Our prices are set by Norfolk County Council so we are in line with all other local providers.

ABOUT FITZROY

FitzRoy transforms lives every day **by supporting people with learning disabilities to do the simple things that make a real difference to their everyday life.**

Our values guide us each step of the way and are as important now as when the charity first began.

Our vision is a society where people are treated as equals, regardless of their disability.

Our mission is to transform lives **by supporting people with learning disabilities to lead the lives they choose.**

www.fitzroy.org