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[www.chf.org.uk/ch-futures](http://www.chf.org.uk/ch-futures)

## Introducing Chailey Heritage Futures

We know how important it is for young adults, whatever their abilities, to explore their capabilities and pave a way forward for the future. Our emphasis therefore is on living and learning, and optimising the power of potential – be it small steps or gigantic leaps!

Our services are unique and tailor-made, so whether you are looking for somewhere to call home, a place to learn, or support in the community or your own home – we can provide it. And we do it all with fully skilled staff and a warm smile.

We pride ourselves on our personalised bespoke services so we would love to hear from you, no matter what your requirements are.

**Denise Banks**  
Director of Social Care



## Our Services



### Futures Accommodation

Provides bespoke packages within a residential care environment for young adults with complex physical disabilities and health needs.



### Futures Life Skills Centre

Offers a choice of different activities to adults with disabilities in the wider community and those living with us, on a pay-as-you-use sessional basis.



### Futures Hub

Offers bespoke day activities for over 19s from within the community. Futures Hub customers also access Futures Life Skills Centre.



## What is Futures Accommodation?

[www.chf.org.uk/accommodation](http://www.chf.org.uk/accommodation)

### A stepping stone from school or college into adult life ... and beyond!

Leaving school/college and moving into adult life can be both an exciting and challenging time for young people and their families, with lots of changes and choices to be made about the future.

We provide a homely, relaxed and safe environment where disabled young adults aged up to 25 can live and learn together with those who have similar needs.

We offer bespoke packages of care and health support to meet the individual needs of young adults. Together with access to specialist, on-site clinical support from our NHS partners.



#### In Short

For young adults (aged up to 25) with complex needs

A fun, funky and dynamic environment

An emphasis on learning for living  
Warm, supportive and caring relationships

Person-centred planning

On-site NHS clinical care

24/7 NHS nursing



## Life is for Living

[www.chf.org.uk/accommodation](http://www.chf.org.uk/accommodation)

### Living with friends and connecting with the community.

Futures Accommodation is a thriving community where young adults live with others who are close in age and who share similar interests. Living with friends is a real bonus but exploring the outside world and making new friends also plays an important part in developing socially.

Futures Accommodation offers young adults extra time to grow and develop, both socially and emotionally. With support and encouragement, they begin to think about their life now and in the future and make their own decisions about where they want to go and what they want to do.



### Catherine's Story

Catherine is a sociable and determined young lady! She is happiest when she is busy. She loves performing and has enrolled at college and joined a drama class. Going to the theatre and cinema are some of her favourite trips!

Catherine has a lot of fun; she has a passion for cooking, as work experience she collects the post and distributes it around the site and she even fits in time for evenings out.

The strong relationship between Catherine and the residential team is critical; they help her to plan a diary that would compare to most Celebs!

Catherine has a full and enriched life and her parents have noticed an amazing transformation in their daughter since she joined Futures Accommodation.

**"She has matured beyond our expectations."**  
Parent



## Making Life Choices

[www.chf.org.uk/accommodation](http://www.chf.org.uk/accommodation)

### Providing stimulating activities and enabling life choices.

Our modern on-site facilities, such as Futures Life Skills Centre and Hydrotherapy Pool, are just some of the enriching opportunities available to those living with us. We are constantly amazed at the diverse range of activities young adults choose to participate in, both on-site and off ...  
Nothing is ruled out!

Choosing to be active in the community helps give a different perspective on life; this can include volunteering, fundraising or even work experience. Links with several local colleges enables young adults to continue to learn. The Life Skills Centre also opens up opportunities to learn new skills, meet new people and, best of all, have fun!

Through many rich and diverse life experiences, young adults living with us are able to discover who they are and what they really enjoy doing: 'education' in its widest sense.



### Christopher's Story

Christopher is Mr Competitive! He loves computers, technology and gaming and is frequently found duelling at the dining table over a game of cards or locked in a battle of space invaders at Futures Life Skills Centre with his friends.

His passion for computers is clear: choosing to learn computer programming at the Life Skills Centre but also helping others. Christopher has recently completed a sponsored 10k to raise money for a cause very close to his heart - an accessible gaming charity, Special Effect.

Christopher's medical and health needs are totally integrated into his day-to-day life and his close relationship with the all staff enables him to live with greater confidence, freeing him to focus on his interests and passions.

"Christopher has matured into a confident young man with a keen sense of purpose and identity."

Parent



## Smooth Moves Ahead

[www.chf.org.uk/accommodation](http://www.chf.org.uk/accommodation)

### Moving on ... Completing the transition to adulthood.

When the time comes to think about moving on, the young adults, with our support, are more mature and confident. Together with their families, they are able to make informed choices about their future.

During their time with us, we have been supporting the young adults to build relationships with their GP in readiness for the next step.

With their new found levels of independence and confidence, we support the young adults and their families through the entire transition process to ensure a smooth move to the wider world.



### Giles's Story

Giles arrived at Chailey Heritage Foundation when he was 14 months old so when he expressed an interest to move on at the age of 22, his parents were filled with trepidation. However, with his new found confidence and his desire to be more independent, they knew it would be the right move for Giles.

Giles has very complex needs and requires 2:1 support 24 hours a day to keep him safe and well.

Giles and his parents started the search for a new home; it took a whole year until it was finally settled. This involved regular meetings with Giles, his parents and care staff from both organisations. In the weeks leading up to the move, support staff from the new provision spent time with Giles and his support workers at Chailey Heritage getting to know Giles and his ways. Similarly, in the early days, Chailey Heritage support staff spent time with Giles at his new provision. All this planning and support resulted in a smooth transition for everyone!

Giles is very settled in his new home and is enjoying the independence and opportunity to make his way to the pub, train station or shops right from his front door!



## Why Choose Us?

[www.chf.org.uk/accommodation](http://www.chf.org.uk/accommodation)

### Experts in the wellbeing of young adults with complex disabilities.

Our highly trained and dedicated staff, with support from our NHS partners, are experts at maximising the wellbeing of those living with us. By integrating health needs into their daily life, each individual's life can be as rich and enjoyable as possible.

The unique on-site partnership between Chailey Heritage Foundation and Chailey Clinical Services, part of Sussex Community NHS Foundation Trust, puts a wide range of highly specialised services on the doorstep of Futures Accommodation.

These include neurological consultants, nurses, speech and language therapists, physiotherapists, occupational therapists and rehabilitation engineers.



### What Sets us Apart

Amazing on-site facilities  
Highly trained and dedicated staff  
Over 100 years of expertise  
Unique NHS partnership



## What is Futures Life Skills Centre?

[www.chf.org.uk/lsc](http://www.chf.org.uk/lsc)

### Explore your creativity, stimulate your senses and, most importantly, have fun!

Whether a complete beginner, looking to broaden ability and learn new skills or just meet new friends, the Life Skills Centre has something for everyone!

From themed cooking sessions to a fully accessible gym, digital art in our multimedia suite to an immersive multi-sensory studio, and much more, we really believe there is something here for everyone to enjoy.

Our expert team really enjoys giving everyone the opportunity to join them and try something new or develop an existing interest. Come and see for yourself - we would love to show you around.

**Neil James**  
Community Operations Manager



**Futures Life Skills Centre in Short**  
Modern, vibrant and unique facility  
Creative and alternative learning environment  
Thriving social network



# Energise yourself: Gym & Spa

[www.chf.org.uk/lsc](http://www.chf.org.uk/lsc)

## Stimulation for mind and body: gym, spa, sauna, yoga, circuit training.

Our modern gym is specially designed for people who have difficulty accessing a traditional facility due to mobility, injury or learning or physical disability.

As an Inclusive Fitness accredited facility (IFI), we are ideally suited to support and motivate individuals towards their fitness and rehabilitation goals.

Our specialist fitness instructor, following a physio assessment, will tailor a training programme, set goals and monitor progress all in a friendly and supportive environment.

Then afterwards why not enjoy a relaxing session in our spa bath and sauna or grab a coffee and cake in GK's Café.



### Isabel's Gym Time

Isabel's gym sessions are giving her a real energy boost: her increased stamina during sessions means she is now achieving double the distance on the hand bike.

When we first met, Isabel and I, with input from a specialist Physiotherapist, designed a training programme aiming to improve her overall strength, balance and flexibility with the aim of helping her maintain/improve her levels of mobility.

We have also been developing her coordination by using boxing punches onto pads and throwing balls at targets which she really enjoys.

One of the benefits from regular exercise is to have the feeling of more energy and Isabel's support workers tell us that they have seen her daily energy levels increase and that she's losing weight, which combined is making a difference to her mobility.

**Dan**  
Gym Instructor



## Impress yourself: Multimedia

[www.chf.org.uk/lsc](http://www.chf.org.uk/lsc)

### Finding access to a world full of opportunities.

In the multimedia suite, we work to give our users the same opportunities as their non-disabled peers; that might be simple things like surfing the web, accessing social media or email to more advanced tasks, things such as computer-aided design (CAD), video editing, 3D design and printing and even gaming.

Using fully accessible computers and the latest software and Assistive Technology, including specialist switches and Eye Gaze, we deliver an ongoing programme of activity. Everything we do is aimed at promoting independence and engagement, ensuring everyone enjoys personalised involvement that suits their needs.

Each week we run a wide range of activities as well as one-to-one and small group sessions, enabling imaginations to run wild.



Specialist 'Dome Switch' in action

### Eye Gaze in Focus

'Eye Gaze Technology', where a user controls a computer through eye tracking, has been a real game changer for many people with communication difficulties. We start with fairly basic APPS, but it's very intuitive so everyone gets the hang of things really quickly.

Regular users of our multimedia suite and experienced Eye Gaze users can use the technology to access the computer in much the same way as their non-disabled peers – anything that can be done with a conventional mouse or keyboard can be done through Eye Gaze.

Through dedication and practice, advanced tasks including, digital photography and film making, can be mastered.

By controlling a computer, you can do so many more things; it really can be a gateway to further independence and enrich lives.

**Paul**  
ICT Activity Coordinator



## Discover Yourself: Living Skills

[www.chf.org.uk/lsc](http://www.chf.org.uk/lsc)

### Touch it, bake it, smell it ... ... taste it!

The aim of our fully equipped Living Skills Kitchen is to give every individual a unique and enjoyable cooking experience.

Every session inspires individuals to discover the excitement that food can bring. By getting involved in the whole cooking process, including measuring, preparing, and selecting ingredients, individuals are able to explore and use their five senses; taste, smell, sight, hearing, and touch throughout the whole process in order to enhance their experience.

We feel that there will be a session to tantalise your taste buds and explore the world of food. You will also go home with lots of your appetising goodies to enjoy!



### What's on

- Chocolate creations
- Get cooking
- Sensory cooking
- Great British dishes
- Let's bake
- Sweets and things
- All things chocolate
- Let's cook



## Immerse Yourself: Multi-sensory

[www.chf.org.uk/lsc](http://www.chf.org.uk/lsc)

### Immerse yourself in a relaxing and stimulating world.

Our sensory studio is designed to create an adaptable environment where an individual's therapy, relaxation, learning and fun can happen free of everyday distractions.

Our relaxing and stimulating world is full of soothing sounds, tactile objects, phasing lights and much more. Watch and listen as bubbles and fish race up and down the bubble tubes or enjoy the soft fibre optic lights or feel the gentle breeze of the fan whilst exploring cause and effect.

Many of the areas within Futures Life Skills Centre offer specifically themed sensory exploration sessions and, in addition to these, there are regularly timetabled music therapy sessions, gardening and animal care workshops.



### Sensational Sensory Experiences

The benefits of our sensory studio are very recognisable. It offers a calm and relaxing environment which is vital for an individual's emotional health and sensory experiences. Some of the many other benefits include encouraging hand and eye coordination and the development of social and language skills.

Individuals who are stressed, anxious, over active and have difficulty settling, can be calmed by the sensory environment around them. Once they are calm, they are able to become engaged and enjoy

the experience. The sensory studio also allows us to support individuals with either a visual or hearing impairment as we can tailor an activity to meet the individual's needs, which, in return, allows us to support development.

The flexible nature of our sensory environment allows us to use it creatively throughout the year, for example, at Christmas we create a 'Winter Wonderland' full of festive sights, sounds, smells and textures.



## Express Yourself: Arts & Crafts

[www.chf.org.uk/lsc](http://www.chf.org.uk/lsc)

### Have fun, make friends, and find a new way to express yourself.

The artistic ability of those who come to our art classes varies enormously; however, by exploring various craft skills, we can discover hidden talents which can raise confidence and promote individuality.

Every session is packed full of creativity and fun, allowing everyone to channel their creative juices towards an end product or just to express themselves in a fun and social environment.

We focus on providing a range of different textures and sensory materials during our sessions; things that look, feel and even smell very different. We take these materials and use a wide variety of creative techniques to encourage everyone to use different mediums and techniques to explore their true creative potential.



### Alfie's Life Skills Centre Experience

Alfie is no stranger to 'grafting' or getting his hands dirty in his sessions at the Life Skills Centre.

Alfie has been coming to the Life Skills Centre three times a week for the last 18 months, attending a mix of Cooking, Multimedia and Art sessions whilst also using the gym and taking in a weekly Yoga class; he also spends time relaxing in the Spa and Sensory Studio.

Alfie is very creative. He is engaged and enthusiastic during sessions and makes clear independent choices on what he wants to do.

In Multimedia, for example he has gained considerable new technical skills - controlling the mouse pointer using a stylus has enabled him to make and communicate clear and distinct choices which has obvious benefits for all areas of Alfie's life in the future.

His achievements in the gym have also been very impressive; he recently completed an 'Ultra Marathon Challenge' and has made impressive gains in terms of the weight he can now lift and the full range of movement he is now able to use over a greater distance on machines like the Stepper.



## What is Futures Hub?

[www.chf.org.uk/hub](http://www.chf.org.uk/hub)

### A modern and vibrant day provision supporting 19-30 year olds in the community.

Futures Hub offers bespoke day packages to meet an individual's needs and aspirations with the aim of improving health and wellbeing, developing skills and increasing confidence.

From an initial meeting, we will create a personalised package which can include support with personal care and medication assistance.

Access to Futures Life Skills Centre and our on-site Hydrotherapy Pool is also available for those who use the Hub.

The Hub offers a wide range of activities, access to the exciting range of on-site facilities and the opportunity to socialise with a wider group including those living in Futures Accommodation and the wider community who access Futures Life Skills Centre.



### James's days at Futures Hub

James visits Futures Hub five times a week; during his week he will usually do a mixture of activities, including multimedia projects, where James uses some of the latest technology, including Eye Gaze. We also support James's health and wellbeing and therapeutic needs through sessions such as yoga and music therapy.

James really enjoys his time at the Hub; for him it is the right mix of stimulation in a true young adult environment that crucially allows for all his many postural management needs at the same time.



## Chailey Heritage Pathways

[www.chf.org.uk/pathways](http://www.chf.org.uk/pathways)

### Our expertise to help, whenever and wherever you need us.

Chailey Heritage Pathways is a unique way to access the expertise we have learnt over many years working with children and young people with complex disabilities and health needs.

Our aim is to provide a flexible way to access support, both when and where it is needed. This could be at home or in the community, facilitating access to activities, events or attractions.

We are very proud of the warm, caring and professional relationships our staff build with children and young people and look forward to widening the reach of Chailey Heritage Foundation further into the community.



### Choose Your Pathway

Chailey Heritage Pathways can provide regular community based services to individuals with complex physical and/or sensory impairments in a broad range of environments.

We can provide a few hours home and/or community support right through to a bespoke package as in the example for a young adult below:

Monday: Access local community and support with any activity e.g. shopping, going to cinema or theatre

Tuesday: Access Futures Life Skills Centre to participate in a multimedia project.

Wednesday: Participate in Multi-sensory activities at home and/or in local community to enable creativity, movement and new learning experiences.

Thursday: Therapeutic activities to facilitate positive changes in behaviour and emotional wellbeing, this may be done at home or at the Life Skills Centre by joining one of many sessions available, including music therapy and yoga.

Packages are bespoke to an individual's needs and can include assistance with personal care, medication and escorting to any medical appointments.



# Chailey Heritage Foundation

[www.chf.org.uk](http://www.chf.org.uk)



## Part of something bigger.

Chailey Heritage Foundation is a pioneering charity providing education, care and transition services for young people with complex physical disabilities and health needs.

We are recognised as one of the UK's leading centres for both children and young adults with neurological motor impairment such as Cerebral Palsy.

We have a national reputation for our work in supporting young people's communication and developing independence through powered mobility.

**Our mission is to give disabled children and young people every opportunity to pursue their fullest potential.**



## Fundraising

We really value the support of the many individuals, businesses, trusts, foundations and livery companies whose help ensures that we can provide outstanding facilities to young people with complex disabilities, enabling them to experience the best possible outcomes.





Proud to be working with our partners, Sussex Community NHS Foundation Trust, Chailey Clinical Services, to deliver properly integrated, highly specialist services to meet education, health and care needs.

Chailey Heritage Futures is part of Chailey Heritage Foundation, a pioneering charity providing education, care and transition services for children and young people with complex physical disabilities and health needs.



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