



**Opening doors of possibility for
people with learning difficulties
and physical challenges**

Our Mission

We all know that good friendships have a powerfully positive impact on our quality of life. Research shows that supportive friendships increase our self-esteem and play a vital role in helping us to enjoy good physical and mental health*

For people with learning difficulties and physical challenges the opportunities to make friends can be limited, leading to a sense of isolation and loneliness. A recent study by Scope shows that a staggering 85% of young adults with physical and learning challenges, aged 18 to 35 feel lonely.

The Positive Path Foundation was born out of the determination of our founder, Jane Atkinson, that the world of

friendships and companionship would not be closed to her autistic son, George. Having failed to find any suitable social clubs in the Hampshire and Dorset area she set up the Positive Path Foundation.

As a registered charity, Positive Path Foundation focuses on creating as many opportunities as possible for people from the age of 16+ with physical or learning challenges to meet, mingle and have fun. The positive impact of friendship, companionship and perhaps life partners, on these people is clear to see and drives us forward to increase the number of social events, workshops and support we offer.

*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5937874/>

Our Programme

The development of social and life skills significantly impacts our wellbeing and our ability to thrive and connect with others. People with physical and learning challenges benefit from extra support in mastering these skills. The Positive Path Foundation provides a safe environment in which these skills can be developed with the help of our highly qualified team.

We offer an extensive range of social events and workshops designed to help our members grow in self-esteem, confidence and independence. Activities include social events such as discos, live gigs and visits to cinemas, theatres and restaurants. Workshops, covering subjects such as communication

skills, drama, travel training, money management and cookery, are also available.

Additional services include dating chaperones and counselling which can be offered individually to members to help them overcome certain obstacles they face, collectively as a family or just for parents/guardians.

As well as group events we like to hold days out in smaller numbers for selected interests and new adventures such as shopping, paint ball, pampering, archery, white water rafting and quad biking. Our aim is to introduce as many new experiences to our members that they have yearned to do but never had the confidence to carry out.



My name is Katie Yates – I love being a member of Positive Path Foundation as it helped me to meet new friends as it is hard at my age to meet people. Jane and Jo are fab people and have made it feel really relaxed.

Pauline, Katie's Mum – I first saw an article about Positive Path Foundation in the Evening Echo when my daughter really needed some companionship and fun things to do. Positive Path Foundation have definitely given that in abundance.



Jade
Events & Workshops



Jane
Founder



Jo
PA & Events Manager



Marina
Marketing & PR



Georgie
Events & workshops



Shelley
Events & Workshops Co-ordinator

Our Team

Our team share a passionate commitment to helping our members reach their full potential and to providing a safe, non-judgemental and stimulating environment in which they can learn, socialise and have fun. All our staff are highly trained, have a valid DBS certificate and are fully insured.

Most importantly our team understand the needs of our

members, which even with the most anxious of new people, our staff soon have them joining in and feeling relaxed and part of the group.

A compassionate and caring attitude while being extremely fun loving and approachable ensures our members get the best out of their social and learning experiences.

Our Vision for the Future

Our short-term goal is to raise enough funds to have our own purpose-built premises in which to hold our events and workshops. A real home from home to make our members feel extra comfortable and relaxed.

Our long-term goal for the foundation is to not only have our own premises but to have purpose-built accommodation offering overnight respite, which for some parents may be an absolute lifeline and give members the sense of independence away from home.

Whilst many excellent organisations offer volunteer

work opportunities for adults with special needs, our cherished goal is to create a disability friendly café where our members can enjoy the sense of independence and achievement that comes from paid employment. Our café staff will learn to cook and serve healthy food, whilst contributing to their community, enjoying being part of a team and earning a fair wage. We believe that adults with special needs who are able to hold down a job also deserve to be paid for it, just like any other member of society.

What Our Members & Their Families Say

Hi I'm Josh Ward – I've been a member of Positive Path Foundation since its inception. I've really enjoyed the events and getting to meet all the members. Everyone has been lovely and warm and welcoming. I had always dreamt of something like this happening in my area but never thought it actually would and so when I first heard about it in my local newspaper I instantly signed up and haven't looked back since.

Anna, Josh's Mum – Positive Path Foundation has helped my son build new friendships and socialise within a safe environment. His confidence has grown as a result. Events are varied and fun. The groups are inclusive and supportive.

Partner With Us

Our ability to meet the needs of our members relies on the generosity of our sponsors and partners. We are always looking for new adventures for our members to try and would love to partner with local businesses to offer an affordable experience, we will always promote our partnerships via our website and social media.

If you believe that friends make good times better, tough times easier and that everyone

deserves to have a place where they feel accepted and valued, please consider making a donation or partnering with the Positive Path Foundation.

For more information on how to donate or partner with us **please call our Founder, Jane Atkinson for a chat.**

Be part of a life changing experience and watch the members grow in confidence and live life to the full!



Hi my name is Daniella – I have Down Syndrome. When I first joined Positive Path Foundation we had a lot of events on zoom during lockdown. We did bingo and quizzes. I wanted to make friends so I wanted to join this group. My friend Joseph recommend me to this group.



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