



**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 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, socialise and most importantly, have fun and grow as an individual.

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.

What Can We Offer You?

Positive Path Foundation can help you develop your social and life skills which will allow you to socially 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 listen to our members and take suggestions onboard; we create a non-judgemental atmosphere where everyone can be themselves and do our best to help you become the best you can possibly be while enjoying life to the max! If there is something you find particularly challenging and want to overcome it then let us know and we will do our utmost to support you to reach your goal.

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 our members or their parents/guardians individually.

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 as possible to our members that they have yearned to do but never had the confidence or opportunity to carry out.

All events are optional, you choose which ones you would like to attend, nothing at Positive Path Foundation is imposed upon you, it is your choice in what you would like to take part in.

What Do Our Members Think of Us?

Hi my name is Tyra - I like going to drama club and going to Crazy Golf and meeting new friends. I like hanging out with all the people. I also like doing the zooms with quizzes and bingo and other games.

It is fun to be able to talk to others and Jane and her helpers are good and kind and support us all.

I like that we go out to coffee shops or pubs and other outings with all of them and it is nice to have new friends to talk to and do things with, together. Jane is a loving caring person who helps us all to understand things and feel better about ourselves. She supports us and encourages.

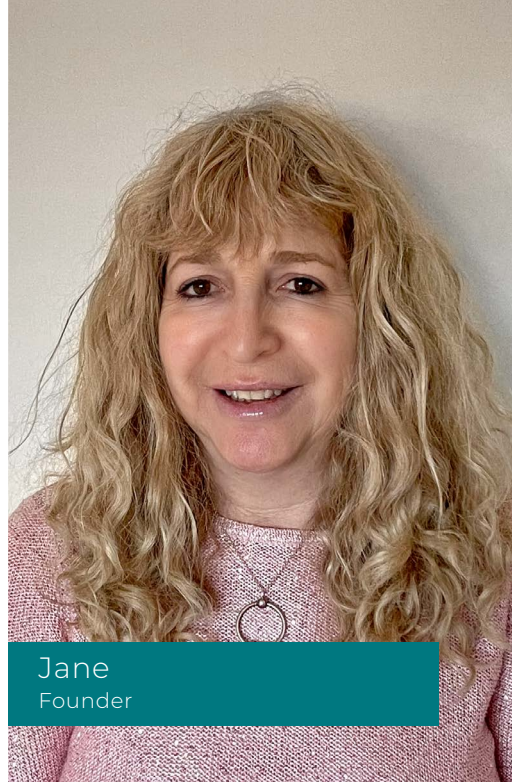
Hi I'm Josh Ward - I've been a member of Positive Path Foundation since its inception in January of 2020. I've really enjoyed the events and getting to meet all the members. Everyone has been lovely and warm and welcoming. I had always dreamt of something like this happening in my area but never thought 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. I would implore you to consider joining because it's great fun with all the different numerous events and you get to make new friends and gradually build up your confidence.

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.

Hi I'm CJ - I have recently joined Positive Path Foundation and have had some really great outings and met some lovely friendly people. I have been to beach games evenings, boat trips and played crazy golf. I am looking forward to plenty more fun and socialising. Everyone is really friendly and I feel relaxed and happy to join in. Jane is super friendly and very positive and fills us with enthusiasm!



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.

We also have members that are now confident enough to become Team Leaders! Their role is to support the less physically able in certain activities or the apprehensive new members settle in as they can share their experiences of the foundation and how it has helped them. They are available to chat if you are thinking of becoming a member and would like to hear first-hand information about what it is really like to join us!

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 can hold down a job also deserve to be paid for it, just like any other member of society.



What Do We Stand For?

Respect for vulnerable individuals

Social inclusion for all

Continued education of healthy living

Introduction of life new experiences

Supporting mental health

Development of lifelong friendships

Social integration

Independence

How Do I Join?

All you need to do is complete our online application form which you can find on our website, www.positivepathfoundation.org once your form reaches us our founder Jane will contact you

to arrange a video chat to get to know you and see you through the joining process.

We look forward to welcoming you to our extended family!





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