



**Opening doors of possibility
for families living 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 adults with physical or learning challenges to meet, socialise and most importantly, have fun and grow as an individual. In addition to our adult support services, we also extend our provision to support the entire family.

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.

Adult Services

Positive Path Foundation can help individuals aged 16yrs and over to develop social and life skills, assisting them 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. If you are unable to cope in a group setting our Time Out 1:1 sessions may suit you far better and are tailored just for you!

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!

Time Out!

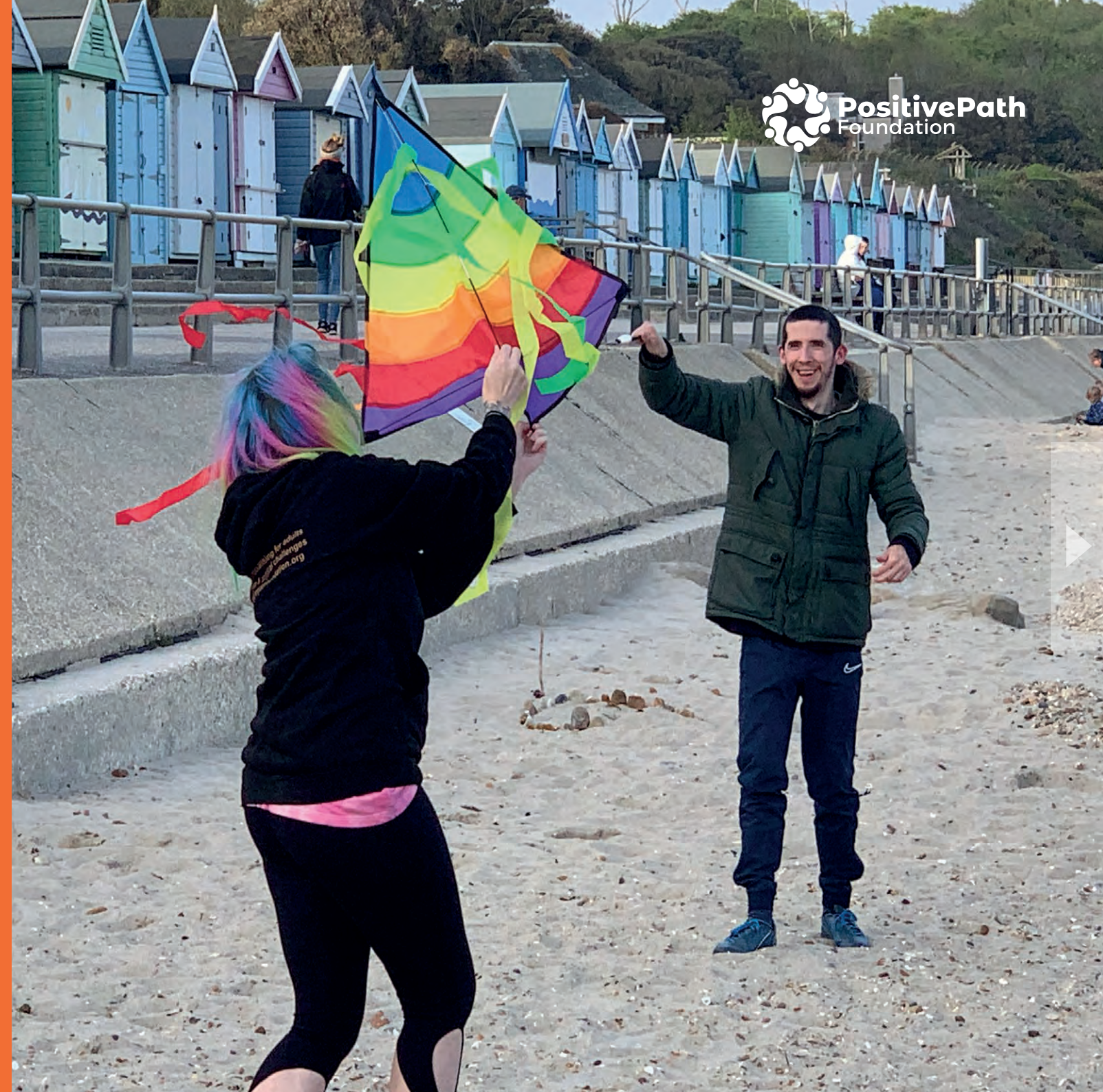
Let's face it, occasionally we all need a bit of time out and no truer than for a parent of a special needs son or daughter.

As special needs parents ourselves here at Positive Path Foundation we know how hard it can be to get some time to yourselves to get things done or time to do nothing at all!

The needs of our children change as they grow older and sometimes it can be challenging trying to go out as a family and consider every family member's needs. So, following on from us launching our Sibling Support Service we are now offering you Time Out for individuals aged 12 and above.

Time Out is a service where we can collect your son/daughter/ adult in your care and take them on a day designed by them, almost like a Say Yes day (with limitations!) a day where they get to do exactly what they like to do.

Our service is all about the focus on what the individual's interests are and they can continue to do this just with a Positive Path buddy for complete one to one attention. However, in time they may wish to mix with another Positive Path Foundation member who likes to do the same things as they do, we can then introduce them and expand their social circle in a safe environment in small select groups.



Bespoke Sibling Days Out & Support. Why have we launched this service?

You may be familiar with the term Glass Children; Glass Children are children who are growing up in a home with a sibling who takes up a disproportionate amount of parental energy. This can be a child with an obvious physical, learning or emotional disability. The pressure on parents of children with special needs is immense and it is common for their children without the disability to feel that they miss out on certain activities, days out or just time away from their sibling to be themselves.

Positive Path Foundation are now supporting siblings of children with disabilities by arranging bespoke days out, this not only a chance for siblings to have a great time but give the parents time to do the things that they need to do with their children with disabilities without feeling guilty that their other children are missing out.

Our staff are very well versed in not only supporting our adult members of Positive Path Foundation but also in many cases the whole family.

Being in the company of other children who have a similar home life gives them a chance to talk to a friend who understands, and our staff can help them with their emotions towards their sibling.

Siblings do tend to feel guilty about the feelings they have towards their disabled brother or sister and we are here to help them channel those feelings into something positive.

As this service grows, we would like to hold a weekly youth night for these children so they can get to forge some great friendships with likeminded individuals who share a mutual understanding of what it is like to grow up with a sibling with special needs.

Our aim is eventually to extend our service to provide 'home care' to give the parents and the siblings time out to enjoy a meal or go to the cinema knowing that their special needs child is in good hands in their own home while they enjoy some well-deserved time out together.

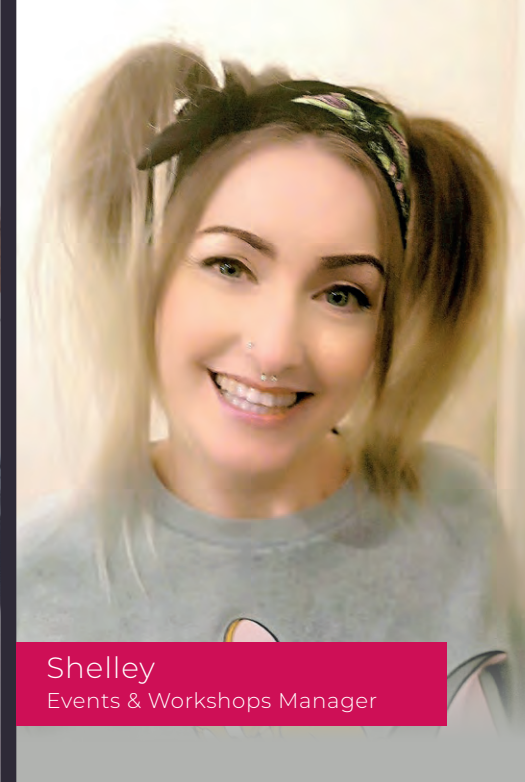




Jane
Founder



Darren Matthews
Events & workshops



Shelley
Events & Workshops Manager



Marina
Marketing & PR



Ruth Smoker
Administration

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!





Phone: 01590 636200
07979 691 429

Email: jane@positivepathfoundation.org

positivepathfoundation.org

Registered Charity No. 1185186