



The Importance of Independence



enabling • supporting • developing • connecting



LinkAble

- LinkAble are a Woking-based charity celebrating 30 years in 2019 of providing leisure and lifelong learning opportunities for children, young people and adults
- We run groups and schemes throughout the week for adults, on Saturdays for under 18s and for all ages across Easter, Summer and other holidays
- Our groups are designed to encourage and support service users in developing social skills, independent living skills and engagement with their communities

Who do we support?

- We support children, young people and adults with learning disabilities and difficulties
- Learning disabilities can be mild, moderate or severe and are lifelong
- Examples can include autism, Fragile X, Global Development Delay, and people who have an acquired injury
- We also work with people who have learning difficulties such as dyslexia, dyspraxia, dyscalculia, ADD and ADHD
- We do not require a strict formal diagnosis to work with people
- Everyone we work with will experience some kind of intellectual difficulty or reduced ability to engage with everyday living tasks, and as a result take longer to learn skills and/or experience challenges in communicating with others

Some of our groups

Under 18s

- Saturday play schemes (during term times)
- Holiday schemes and trips
- A Scout group
- Dance group

Over 18s

- Daytime activities during term times
- Evening and weekend groups (social groups, choir, acting)
- Holiday schemes
- Overnight trips and holidays

Why is this support important?

- For parents, life changes forever when they find out their child has a learning difficulty
- People with mild learning disabilities can function with low level and occasional support, and people with severe disabilities often need more consistent help, but all will need support at various times
- This might be in things like school work or making friends, or finding a job or paying bills. It might be learning how to take care of oneself, running their own home and staying safe
- As a result, parents often find they feel they must do more to help or find it more difficult to step back
- Sometimes this goes on long after other parents would have been able to let go because it is too difficult to step away
- It is often a serious health scare or discovery of a life-limiting condition that causes people to worry what will happen if they are not around to support their child/children
- It's important to remember however that people with learning disabilities are capable of leading full lives with the right support
- What we do is designed to help people achieve this

How does what we do support the people we work with?

We help people develop independent living skills. Through our groups people learn:

- How to make friends and socialise with other children (or adults)

Practical skills

- Fine motor skills (for examples hands and eyesight working together)
- Grand motor skills (whole body movement – coordinating walking running, physical activity)

Independent living skills such as:

- Money management
- Travel training
- Cooking skills
- Preparing for education or work

Building a healthy lifestyle:

- Physical activity
- Diet
- Emotional wellbeing
- Connecting with the community

How does this support help?

- Like anyone, the people we support want to feel valuable and valued, part of something and capable of doing things themselves. By supporting people with learning disabilities to develop independent living skills we can help them feel more confident, more able to ask for help, to develop a curiosity and interest in lifelong learning and to engage in the world around them.
- In doing this, we empower and enable people to be responsible for themselves, to know where and how to access support and to take more control so they can continue living fulfilling lives.
- The impact of this is that parents can step back from caring roles and instead enjoy time spent with their children. It builds confidence in them too that, should they no longer be able to help, their child or children will be more prepared for the world and able to support themselves.

The Time is Now

- Support is available for children from an early age to help them learn and develop
- We work with children from the ages of 5 and above and we have no upper age limit
- Funding and support from county councils is available to help access groups
- By supporting your child to access a service as soon as possible, you increase their opportunities to learn
- Although less funding is accessible for adults there is still support available
- It is never too late to get support for your child and to help them fulfil their potential for a happy, healthy and independent life

More about LinkAble

- Find out more about the services we offer at www.linkable.org.uk
- Call us on 01483 770037 if you have any questions



Vision

People with learning disabilities and autism achieve their full potential and are valued by society

Mission

To provide life-long support to people of all ages with learning disabilities in Surrey to enable them to live healthy, happy and independent lives and to offer them opportunities to achieve their potential