

About me:

My name is Ian. I am 24 and love using computers and listening to music. I have a Learning Disability and I find it hard to tell people how I feel. I will sometimes get angry and push or punch people.

I do activities on Wednesdays.

	Time / Date of activity	Activity and link to I statement	Support	Contingency
 Cafe	Wednesday 9:00	I begin my day by having a cup of tea in a local café. I have 1:1 support as I can get anxious and present challenging behaviour when in public.	1 to 1 Funded by individual	The Café is across the road from a safe space. The safe space has the sensory equipment I require to de-escalate my challenging behaviour.
	Wednesday 10:30	My 1:1 and I are picked up by the volunteer mini-bus driver to meet with a regular group to go bowling in Bexleyheath. We play 2 games and purchase our lunch in the bowling alley. I do not need my 1:1 support but there are enough members of staff so I can be supported to a safe space if I feel anxious.	Transport charge funded by individual. 1 to 1 Funded by individual until they arrive at the bowling then a Group staff cost would be charged.	The bowling alley has a safe space that they use for parties. There are enough support staff so I can be supported here for 1:1 de-escalation. The support staff used an iPad to help me stay calm.
 Library	Wednesday 13:00	I am joining some of the group at the Library in Bexley. We are going to learn more about using the computers. It is my first time so I will require my 1:1 support staff. After the activity I am going home. I will be supported back by the volunteer driver.	1 to 1 Funded by individual Transport charge funded by individual.	If I begin to feel anxious then my 1:1 would contact the volunteer driver who is with another group at Shenstone School. He will collect us and take me to the safe space onsite there.
 Social Club	Wednesday 19:30	I am going to the Industry Nightclub's Freedom night. I enjoy dancing and listening to music. There are other people I know going so I do not need a 1:1 support. I get picked up by an 8-seater Taxi. The Taxi will be picking up the other people in our group.	Group staff cost funded by individual. Transport charge funded by individual	If I feel unhappy then the staff will support me until the On-Call member of support staff is able to come. They will support me back home in a Taxi.