

How to access this service

Moving On With My Life

You or someone that knows you can complete a referral form.
You can get a referral from our:

A service which supports people with learning disabilities, autism and aspergers to plan and prepare for a more independent life.

Website
www.nspf.co.uk

Phone
01934 426086

Email:
info@nspf.co.uk



Do you live in a residential care home or with your family?

Would you like to live more independently?

We can support you to achieve this.

The Campus, Highlands Lane, Weston-Super-Mare, BS24 7DX

**North Somerset
People First**

Supporting people with learning disabilities to have a voice



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Person centred planning (PCP)

Person centred planning will help and support you to make changes in your life and plan your future.

Areas you can cover in your PCP include:

- **Housing options**
- **Life skills**
- **Work/education**
- **Hobbies & interests**
- **Support**
- **Relationships**
- **Friendships**



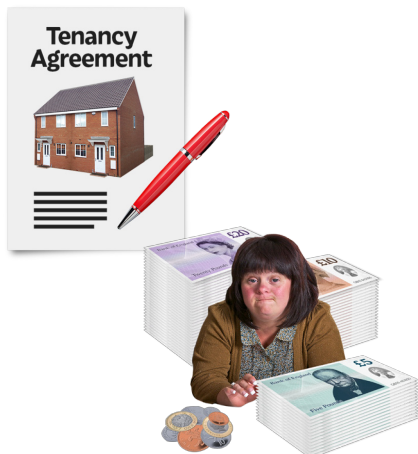
Peer support network

Meet other people who have moved into supported or independent living, learn from each other, make new friends and share your experiences.



Training

Our training programme will provide you with knowledge of your rights and responsibilities in relation to supported and independent living. This will include tenancy agreement, money, budgeting and keeping yourself safe.



To be eligible for this service you must:



- **Be living in a residential care home or with family/friends.**
- **Live in North Somerset.**
- **Have a learning disability**
- **Or associated condition including autism & asperger's**
- **Want to move into independent or supported living.**
- **Be 16 years or over**