

Your life, your choice

Support for people with a learning disability
and autism in **Cambridgeshire**



Thera Trust



@TheraTrust



Who we are



support

Thera East Anglia is a not for profit organisation. We support people with a learning disability to live happy, fulfilled lives.



time

Our support is flexible and starts from as little as 1 hour a week up to 24 hours a day, 7 days a week.

We are experienced in supporting people with complex needs and autism.



experience

We are part of a national group of companies supporting over 1800 people with a learning disability. We have supported people in East Anglia since 1998.



Make your own choices

Our approach



together

- We work with people with a learning disability and their families and people who know and care about them, to design support that is person centred and meets their needs, dreams and aspirations.



healthy

- We can help people put together a plan to keep them healthy and safe.



communicate

- We can help people put together a plan that will help them to communicate and help us to support them if they become upset or frustrated.



community

- We believe that keeping support local and community focussed is important - we don't want people to rely on paid support in order to live a good life.



say

- People we support, their family carers and staff have the opportunity to be company members. This means people can have a real say in how Thera East Anglia is led and managed.

How we can help you



find out

We find out from you and your circle of support how you want us to support you to take control of your life. This could include:



safe

- Helping you to keep safe
- Moving into your own home, on your own or with other people
- Helping you keep healthy and supporting your personal care



independence

- Helping you to become more confident and increase your independence
- Taking part in all sorts of activities and finding and trying new ones

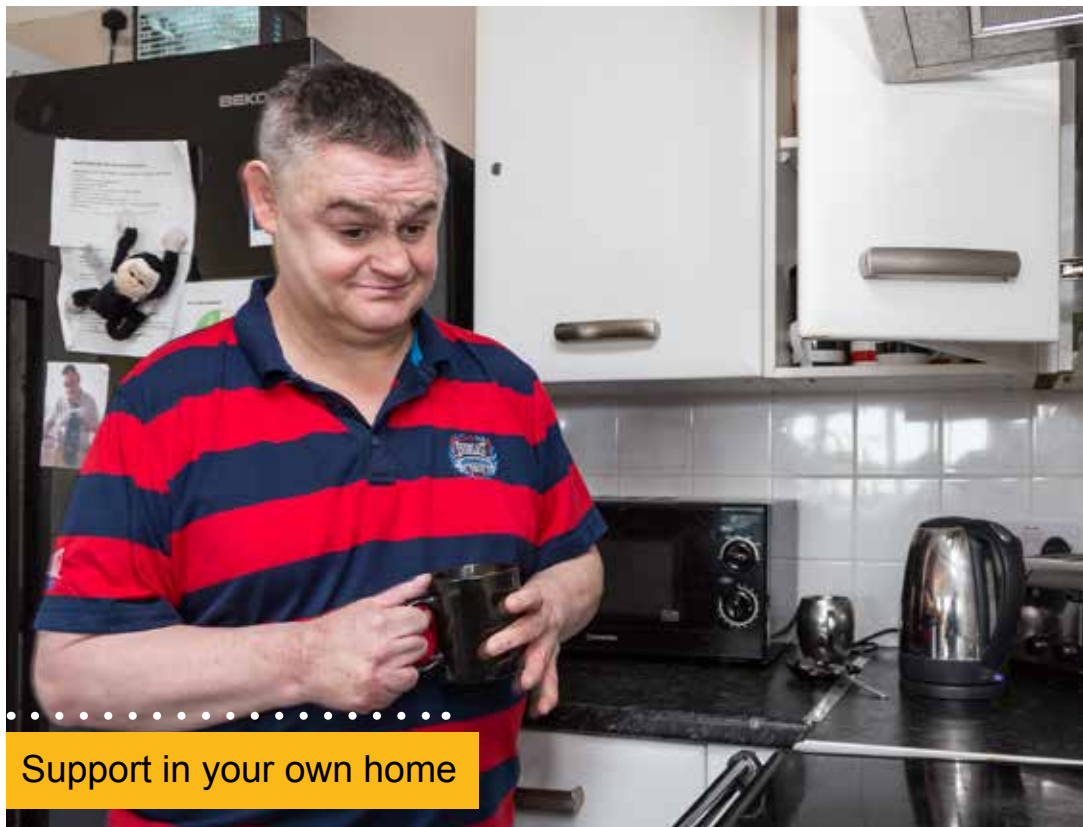


community

- Getting out and about in the local community
- Short breaks (respite) and support at home to help your carers
- Finding and going to work or further training



Support in your community



Support in your own home

Personal budgets



money



buy



independence

People can get money from their local authority to choose and pay for the support they need. This is called a personal budget.

If you have a personal budget, you can buy your support direct from us.

Your personal budget can enable you live to independently in your own home, learn new skills, do the things you enjoy and much more.



Our New Support Advisor Paul can help you with this. Have a chat with Paul on 07843 471461 or email paul.stacey@thera.co.uk





Bernard previously lived with other people and received support 24 hours a day. Four years ago, he decided he wanted more independence and moved into his own flat.



Bernard loves cycling, going to the gym and meeting friends at the local pub. He keeps busy during the week with paid and voluntary jobs.



Bernard now has only 32 hours of paid support. He is able to make his own choices and decide how much support he needs and when.



Moving into his own home has enabled Bernard to become more confident and means he does not need to rely on paid support to live a full life.

Talk to us



Paul Stacey is our New Support Advisor. He can help you think about what support you might like and tell you how you can buy your support from Thera East Anglia.

If you would like to talk to Paul, you can contact him on:

Phone: **07843 471461**

Email: **paul.stacey@thera.co.uk**



General enquiries:

Phone: **0300 303 1281**

Email: **teaoffice@thera.co.uk**

Web: **www.theraeastanglia.co.uk**

