

Your life, your choice

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



Thera Trust



@TheraTrust

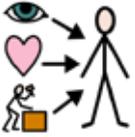


Who we are



support

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



experience

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



Peterborough

If you live in Peterborough and have a direct payment or personal budget, we can support you.



home

We support people in Peterborough in their own homes and in supported living schemes. We also support people during the day - we call this day opportunities support.

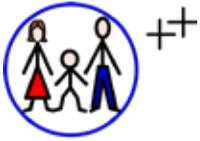


Direct payments



money

People can get money from their local authority to choose and pay for the support they need. This is called a direct payment or personal budget. The amount of money you receive will depend on your needs.



families

Although we only support people aged 18 and over, we have a lot of experience working with families to set up support packages for young people who are in transition from childrens to adult services.



together

We can work with our housing partners to help you to find a place to live. Our partner company Dosh can also help you to manage your money.



Paul is our New Support Advisor and can tell you more about using your direct payment to buy your support direct from us.



contact

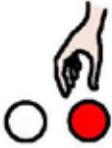
You can contact Paul on 07843 471461 or email paul.stacey@thera.co.uk

How we can help



support

In Peterborough we can offer you support in the community or in your own home at any time, or in one of our day opportunity schemes.



choice

If you have a personal budget you can choose to have 1-to-1 support from Thera to do the things you want to do. This might include:

- Moving into your own home, on your own or with other people
- Helping you keep healthy and supporting your personal care
- Helping you to become more confident and increase your independence
- Taking part in all sorts of activities and finding and trying new ones
- 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



community

We have community bases where people can go to meet with others and to do different activities. Activities can be at the bases or out in the community using existing facilities.



aspiration

Matt works at the local party supplies shop every Tuesday afternoon.

He said: “The best job is hoovering and I like talking to the staff and customers.”



Our approach



together



healthy



communicate



community



say

- We work with people with a learning disability, their families and people who know and care about them, to design support that is person centred and meets their needs, dreams and aspirations
- We can help people put together a plan to keep them healthy and safe.
- 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.
- 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.
- 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.



bungalow

Thomas moved into his own adapted bungalow in 2006. He receives 24 hour support from his staff team which enables him to live safely and independently.



skill

He has enjoyed learning new skills at home and particularly enjoys hoovering, mopping and preparing food using special chopping boards.



active

Thomas has an active life and has his own Motability car so he can get around. He loves music and sailing. He has a paid job telling his story to people who are training to be health and social care professionals.



community

Since moving into his new home, Thomas has made many friends locally and is well known within his local community.

Want to find out more?



Paul is our New Support Advisor. He works with people and their family carers to design a support package that meets their needs and aspirations.



talk

You can talk to Paul about how Thera East Anglia can help and what you want to achieve in your life.



buy

Paul will talk to you about your options and how you can buy your support.

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**

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