



PIP Pursuing
Independent
Paths

Impact Report 2020/21

*A year of
partnerships*



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Pursuing Independent Paths (PiP)

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Introduction



From our Chief Executive, Denise Largin

Welcome to the PiP Impact Report for 20-21. As we go into my second year at PiP, I'm continually impressed by the resilience and efforts of staff, students and families to focus on achieving their ambitions during this difficult time.

This last academic year has been very challenging for many people; from shielding last autumn to the opening up over the summer which has seen a huge increase in crowds on public transport and in shops. All of this has given us food for thought at PiP about how we can best support our students to refresh their skills and reintegrate into their communities.

The theme of this year's report is partnerships with a focus on the relationship between one of the key partnerships that makes PiP tick; our staff and students.

Working together is so key to the way we work that we've refreshed our values as an organisation to make sure we include something very important to us here at PiP: we work collaboratively.

I hope you enjoy reading about our highlights from the last year. We have big plans for 2022 and look forward to seeing you there!



From our Chair of Trustees, John Leach

After responding so positively in 2020 to the challenges that COVID brought, it is through a huge team effort that PiP has continued to provide learning and development services with staff and students remaining motivated, positive and full of energy and creativity.

Looking back over the last year and the fantastic partnership work that we're engaged in, the Board is enormously proud of the support provided by PiP and partners and the impact we have collectively helped achieve for adults with a learning disability.

As we move into 2022, we have much change on the horizon – a new centre, new trustees and new students will be joining us as we expand and grow.

Thank you for your continued support.



Shardonnay

has been a PiP student since 2016. She was only diagnosed with Autism at the end of her mainstream schooling at age 18 since when she has been able to get the right support to progress, develop skills and reach her huge potential. As well as being a Student Rep, Shardonnay is a Fruitful trainee, a Disability Advocate for The Advocacy Project and has a part time job in a local cafe.

From our Student Representative, Shardonnay

It's that time of year for an update on how PiP did during lockdown, events that happened and what came out of it.

We had a busy summer. Our first success this year was Walk This May. It was a fundraising and walking challenge to raise money for travel training. Travel training is important because if me and my friends can travel independently, we can do the things we like on our own or with each other. I really like fundraising for PiP and I really like walking. We all got pedometers to track our steps. I raised over £300! Altogether we raised lots of money and also did a fun walk with Paddington Academy too.

Another success was the pop up shop in Piccadilly. We yet again smashed it

thanks to the support of customers, friends and family. I hosted two events at the pop up shop. I wrote my own speeches and practised a lot. The staff and students all worked really hard on creating the artwork. It looked great! You can see it on pages 10 and 11.

Last but not least was Fruitful Wednesdays at Paddington Central. We raised a huge amount and got to meet so many people and tell them about Fruitful and PiP. We couldn't have done it without all the businesses and community at Paddington Central and working in partnership together. There's a picture of me at Paddington in my nice uniform.

I really enjoyed being busy this summer. Hope to see you all at events this year!

What we do

Pursuing Independent Paths (PiP)

is a local charity which works together with adults of all ages with learning disabilities to help them to gain skills and opportunities, and use and amplify their voices so they can live a life of their choice.

We achieve this by delivering a person-centred programme of learning that increases skills for:

- independence
- health and wellbeing
- participation in the community
- future prospects

When an adult with a learning disability is referred to PiP

1

We meet them to discuss their wants and needs, likes and dislikes, and to understand what their ambitions are.

2

We tell them about the different programmes of work we have on offer that they can get involved with.

3

We allocate them and their family a Key Worker who will help them move towards independence and reach their goals.

4

With student, family/ carers, and social workers, we set goals in each session they attend so we and they know how they are getting on.

5

We'll celebrate success with them and feed back with frequent parents' evenings, reviews, and involvement in social services reviews.

PiP's Vision

This year, we have refreshed our vision and values so that we can concentrate on the outcomes that mean the most to our students.

We consulted with our students. Here are some of the things they said about what PiP means to them:



Moving House

Focus on my work independently

Makes me feel good

Trying new skills

Doing travel training

Learning

Staff are always supportive

Sessions online and at PiP

Good experience

Getting a job

Being healthier

Helping me to achieve my dreams

Find out what my talents are

Making me more independent

I can speak up for myself

Helping me

Making new friends

Trying different things

Walking on my own



We want a world where adults with learning disabilities and learning differences can achieve their ambitions. PiP's new values are:

1. We approach our work with energy and creativity
2. We work together
3. We respect everyone's voice and everyone's choice
4. We are proud of who we are and what we achieve
5. We are always learning
6. We aim high

This is how we commit to working with students and with each other.

PiP in numbers

Lockdown was difficult for all of us, but at PiP we rose to the challenge by delivering many of our sessions virtually.

As we get back to how we used to work the number of sessions we have been able to run has increased.

4691
student hours

7764
goals met - students are still progressing towards independence

863
sessions run

60
families/carers supported every week

My Goals: Our Impact

MyGoals is PiP's online system for making sure our students meet their desired outcomes. We create three goals with each student for each of their sessions. The goals are different for each student, creating a person-centred way of supporting our students' progress.

Academic year 2020-21 has been challenging to monitor as we moved from online to face-to-face sessions, back to online then back to face-to-face again! Despite everything going

on, attendance and engagement has been really positive and we've seen both individual and group progress and success during this year. We've also learnt lots about delivering sessions in a hybrid way and adapted our approach based on student feedback and MyGoals data.

This year, we have also designed four key learning pathways and will be monitoring MyGoals across each of these. For this year, we are able to report back on three of these pathways.



Nourredine



Gemma

“Great to hear Jade was so useful at the Fruitful event, she seemed to really enjoy herself. Thank you to you and everyone at PiP for providing such great learning opportunity for Jade it has been awesome”
Jade's dad

“I am most proud of doing my reception job”
Danny

“I am most proud of doing a presentation for the Youth Council”
Shona

“I am most proud of getting a job at Petit Miracles”
Gemma

“I am most proud of having my poem on Soho Radio”
Lydia



Danny



Ryan

PiP Independent Living Skills

It wasn't possible to deliver group independent Living Skills sessions during Terms 1 and 2, but in Term 3 we delivered personalised and 1:1 sessions such as Travel Training. As seen on page 8, we also worked closely with students such as Pam to support them to live independently. Three PiP students have successfully moved into Independent Living this year and we also supported seven students to access digital services independently.

No uplift reported this year

Numeracy
Ecology
Keeping Safe
Travel Training
Cultural Studies
Working Together
Daily Living Skills

PiP Employment + Training

During lockdown, it's been difficult to deliver practical Fruitful sessions. In the Spring, we started getting out and about again and started to see uplift in Term 3. In academic year 2021-2022, thanks to external funding and student feedback, we are creating a more focused Employment and Training pathway to help students enter employment and develop their employability skills.

-4.4%
(negative)
Term 1-3

Fruitful
Employment
Petit Miracles

Dance and Fitness
Social Wellbeing
Communication
Women's Group
Men's Group
Gardening
Cooking
Tai-chi

+3.7%
Term 1-3

Creative Writing
Sensory Art
Art
Podcast
Cabaret
Drama
Music
Singing

+4.1%
Term 1-3

We are proud of our continued focus on health, wellbeing and happiness during this period and the resulting uplift – personal progress – for students. Both Men's Group and Social Wellbeing have seen nearly 7% uplift from Term 1 to Term 3.

Our uplift has improved since last year, thanks to our focus on developing sessions to be suitable online. We noticed Cabaret was not working remotely and our goal scores were low; we decided to remove it from the online timetable and added more wellbeing sessions.

PiP Health, Wellbeing + Happiness

PiP Creative and Performing Arts

Case Study: Pam and Marta

When Pam joined PiP in 2017, she was allocated a keyworker – Marta. It was Marta's role to support Pam to achieve her goals and to make sure Pam's voice was heard. Pam lived with her dad and sisters at the time and wasn't thinking about living on her own.

Pam's goals were to work on her confidence including expressing choices and making decisions. Over time, Pam became inspired by other PiP students' living arrangements, and for the first time mentioned that she would like to search for accommodation.

Pam says: "I wanted to live on my own so I could be more independent and have the opportunity to be by myself".

PiP's role in preparing Pam for independent living involved supporting Pam to speak to her Social Worker, and help her to prepare her family for the move. Pam attended sessions at PiP where students learn practical skills such as how to keep their room tidy, how to use appliances like a vacuum cleaner and washing machine, how to plan a healthy diet, how to cook, and how to do recycling and why is it important.

Pam and Marta went to visit the flat. Pam loved that she would have her own wardrobe.

Pam is now in Supported Living and using staff help when required but remaining as independent as possible. She loves cleaning her room and doing

laundry. There isn't much Pam doesn't like – except maybe spiders and taking out the bin when it leaks!

Pam says "before I wasn't sure if I wanted to live independently but now I can do more things that I couldn't do before".

On a typical day Pam will be up at 7:15am, have a shower and make her own breakfast of Weetabix or porridge. If it's the weekend, she might relax, chat to friends and play music on her iPad. During the week, she travels independently to PiP or college (using Citymapper!), she makes her own sandwiches and then helps make dinner when she gets home - she often helps out with preparing vegetables.

When asked how the move makes her feel, Pam says: "It makes me feel proud to be independent".

There have been ups and downs over the last four years, but Pam always remains upbeat and positive and is rightly proud of what she has achieved.

Pam's next goals are to work with Marta and our Employment and Training programme to find a part time job as a café assistant. Pam already has her Food Hygiene qualification and lots of excellent knife skills and customer service experience from Fruitful.

Good luck Pam. The employer who snaps you up will be lucky to have you!



PiP popped up in Piccadilly!

“It was great to meet these budding artists today.”
Councillor Matthew Green



Artwork on sale at the pop-up shop



Danny working on the mural



Kelly working on the mural



Councillor Green watching the students hard at work

This Summer, PiP popped up at 9-11 Prince's Arcade, Piccadilly with a creative and performing art-focused pop-up shop thanks to a scheme run by City of Westminster Council.

Customers purchased one-off pieces of artwork created by artists with learning disabilities and autism. Evening events showcased the skills and talents of our artists. Daytime workshops created new pieces and honed their skills.

Every day something different was happening – photography

workshops, creative writing with Paddington Academy students, getting inspiration from the local area for artwork, visits to the elephants in Green Park, visits from Councillor Dean and not forgetting the creation of our fabulous mural that stopped passers-by in their tracks!

Councillor Matthew Green, Cabinet Member for Business, popped into “PiP-adilly” and observed a creative writing workshop in action with special visitors from Paddington Academy in attendance.

PiP students were motivated to sell their work; they received 50% of the commission and enjoyed talking to new customers about their work and process.

If you didn't get a chance to visit us, you can visit our [Etsy Shop](#) to purchase unique Fruitful cards, tote bags, and limited edition artworks by our students.

A special thank you goes to our partners, Westminster Council, Appear Here, The Crown Estate, The German YMCA, Makina Books and all the other pop-

ups and independent artists that helped make this amazing project come together.



PiP-adilly in numbers

4
Weeks

£5,757
Raised

100+
Visitors

£200+
going directly to our students as commission for their artwork

1
Giant mural, created by...

20
PiP students

Celebrating Partnerships

PiP offers a diverse range of services to our students. We create opportunities for them to put their skills into practice by working in partnership with local and national organisations. Here is just a glimpse of what we've been up to with partners this year.



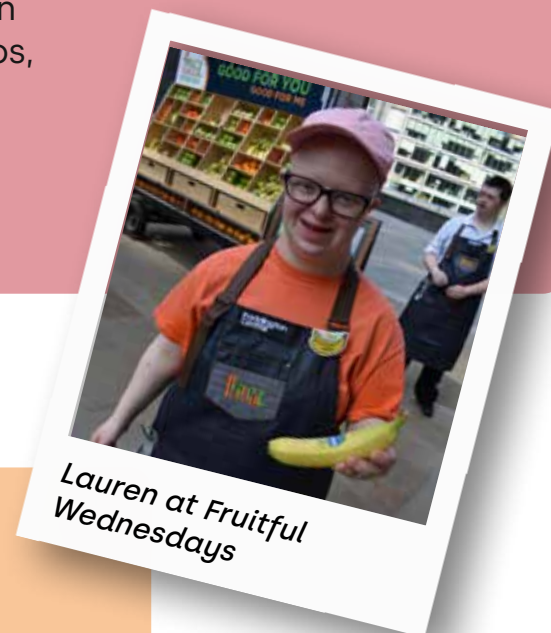
Luai with his artwork



PiP Creative and Performing Arts

Long time partners, the National Gallery invited us to take part in Sketch in the Square over the summer. Students got stuck in drawing the sights around Trafalgar Square.

We're also delighted to work with artist Katie Scott once again to design our next batch of merchandise. Students participated in one of Katie's workshops, at which they learnt to draw fruit and plants with a botanical twist.



Lauren at Fruitful Wednesdays

PiP Employment + Training

This year we want to say a HUGE Fruitful Thanks to British Land for commissioning Fruitful to pop up for 10 weeks to welcome occupiers back to Paddington Central. This has meant that, for the first time, Fruitful Trainees have been paid – and they have been paid London Living Wage for working on the stall.

Massive thanks also to Tableau for getting involved with Fruitful @ Home which meant we could maintain students' communication and presentation skills virtually with our online offer.



Students refurbished the garden of a GP surgery



PiP Health, Wellbeing + Happiness

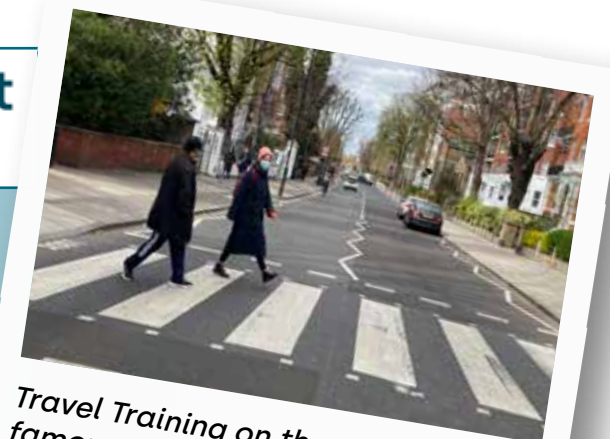
Getting back out and about and improving our physical and mental health has been very important this year. Our fundraiser, Walk This May, worked in partnership with all our staff, students, parents/carers and much more to walk over 5000 miles and raise over £2,000 to support our Travel Training project.

Our Gardening Group have also created a new community partnership with Randolph Street GP Surgery. Thanks to funding from Grow Back Greener, we refurbished the surgery garden, making the space pleasant for the NHS staff and patients and giving out students new horticulture skills at the same time.

PiP Independent Living Skills

A huge thanks also to the John Lyons Charity and the Co-op Local Community Fund both of which have supported our Travel Training project this year. Many people with learning disabilities had to shield during the pandemic and Travel Training has enabled us to support our students back out into the community, refreshing their travel confidence and skills and learning new routes to their favourite places so they can travel independently again in the future.

Our online Makaton sessions go from strength to strength – if you've taken part in one of our sessions whether that be Spooky, Festive or Easter themed – then we know that you already know how fun and informative they can be. Thank you to all our corporate partners who support our students sharing their skills with you.



Travel Training on the area's most famous crossing!



Get Involved!

Find out more at piponline.org.uk/get-involved/

There are lots of ways you can support PiP to continue to empower adults with learning disabilities and differences to achieve their ambitions.

Check out our website at piponline.org.uk/get-involved/ to find out about how to become a Friend of PiP and find out more about our fundraising and volunteering opportunities.

Thanks to our Royal Parks Runners!



This year we were delighted to get back to face to face fundraising events! We had 10 amazing supporters set themselves a challenge of running and raising money for PiP! Courtney from BDO, Mollie from Bowmark, Daisy and Somar from Serica Energy and not forgetting the Tableau Royals! Together with matched funding from their generous companies we have raised over £6,000!



This can pay for nearly a whole year of exercise and fitness classes for PiP students! People with learning disabilities are sometimes excluded from sport and games because they aren't accessible or given support to take part. Our sessions include dance, tai-chi, aerobics and we work with QPR and local sports centres to make sure our students have opportunities for being happy and healthy.



Become a Regular Supporter

By raising money for PiP you help us to support adults with learning disabilities achieve their potential. Without PiP our fantastic students would lose opportunities such as access to supported work placements, travel training and life skills workshops and a safe place to go.

Regular gifts help PiP to plan ahead. You can sign up to support PiP with a regular gift every month direct from your Payroll via Payroll Giving or directly via our website.

As a Regular Supporter, you will receive:

- Our monthly newsletter filled with news and student stories
- VIP invitations to PiP forums, events and first-look at our new merchandise
- Special occasion cards from the students with their news and updates
- A dedicated PiP contact
- Discounts on PiP artists designed merchandise

£25 Provides materials for a Sensory Art class, allowing students to express themselves and communicate non-verbally

£100 Helps build skills for independent travel through our travel training project, supporting people to gain knowledge, confidence and become more independent.

£1,000 Can enable us to deliver healthy cooking sessions for 6 weeks so that 10 people can learn essential cooking skills and understand healthy food options.



Volunteering

The best way to get to know our students and understand our work is to come and meet us. PiP has opportunities for volunteers to support our work throughout the year.

Opportunities include:

- Individuals volunteering on a regular basis to learn more about working in the learning disabilities sector
- Small group volunteering at student sessions e.g. supporting mock interviews in Employment sessions
- Teams can host workplace visits and work experience placements
- Team volunteering at Fruitful, supporting students to make juice before we 'pop up' at your workplace
- Team volunteering during our leisure programme to support trips, visits and fun activities during school holidays
- Skilled or pro bono volunteering with us as an organisation.

As we are a small charity, there are sometimes additional costs involved for us in hosting volunteer teams and we can chat with you about the costs involved in different sessions. But as a small charity we can be flexible and we'd love to chat with you about your ideas.

Contact Samantha Dodd, our Fundraising Manager for more information about volunteering with PiP:

SamanthaD@PiPonline.org.uk