

Welcome to PiP



Welcome to PiP



At PiP, we want all adults with learning disabilities and learning differences, like you, to lead a life of your choice



Sessions at PiP are designed to help you gain lots of different skills and opportunities.



Person-centred planning means we work with you to produce a personalised timetable, based on your interests and ambitions.



Our learning programmes are:

- * Employment and Training
- * Creative and Performing Arts
- * Independent Living Skills
- * Health, Wellbeing and Happiness



Together we can achieve your goals to become independent.

We can't wait for you to join us.

Welcome to PiP



We are adults with learning differences.

We come to PiP to learn about independence and having a voice.

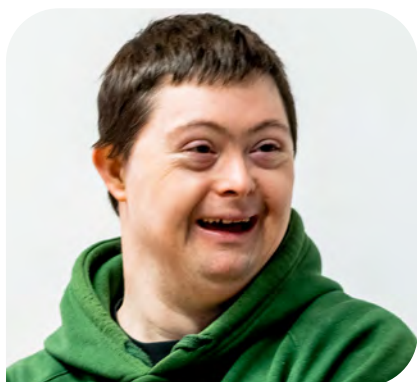
We do lessons and **have loads of fun**. We do sessions like Fruitful, Employment, Drama, Art, Advocacy...we can't list them all! There is so much! We do sessions to learn skills to find jobs and plan our future.

You can meet other students here and make good friends. **We are very friendly**. We help each other and work as a team.

You bring your lunch and have lunch with your friends too. **We enjoy ourselves** at PiP and we go on trips and holidays.

Don't be nervous – relax! PiP is very supportive and we all work hard to help us do what we want to do. At PiP we have keyworkers. A keyworker is someone who helps you and supports you, helps you to understand your feelings and we have reviews so we can make sure we meet our goals.

We hope to see you soon.
From PiP Students



What happens when you join us at PiP



Next, we'll chat about the different programmes we have on offer and all the activities and opportunities you can get involved with.



Let's meet up! We will discuss your wants and needs, likes and dislikes and goals for the future.



You will have a PiP keyworker who will help you move towards your independence goals.



We're always listening and reviewing how you are feeling at PiP.



With you and your support networks, we will set goals and work with you to reach them so we know you are enjoying PiP. Your support network is everyone who helps you do the things you want to do.



Together we will celebrate successes and make sure everyone knows how you are doing at PiP.

What you can expect from PiP



All our students have their own interests, likes and dislikes and own way of learning. You do too! At PiP we make sure that your timetable and your **sessions are made up of your own choices** and teaching will be adapted for how you learn best.



Because we want to help you reach your goals, sometimes we will encourage you to try new things and challenge yourself so we can **help you achieve your goals**.



What is a Keyworker?

A Keyworker is a member of PiP staff who will be the main contact for you and your support network.

With your Keyworker, you will plan your timetable at PiP together. They will be there for you to chat to about your goals and any concerns and work with you to make sure you are being heard.



What does Person Centred Planning mean?





How do we listen to you?

We are all always learning at PiP. We want all our students to give us ideas about how PiP can be better.

You can bring us ideas in your sessions, to your keyworker or raise them with the Student Representatives.

We have a **weekly student meeting** where we discuss issues at PiP.



How do we work with your support network?

It is important that we work with your support network so together we can help you **achieve your goals**.

We have regular meetings with social services and with your family or carers.

Sometimes we might disagree about the best thing to do. We will all work hard together in a positive way to make sure we are **hearing your voice and choice**.










What can you learn at PiP?



PiP Health, Wellbeing + Happiness

- ✱ At PiP we know that **being healthy** and having the tools to manage your own health brings lots of benefits to you such as improved mental wellbeing, increased happiness and more opportunities to get to know the local community.
- ✱ **Being social** is a good way to make friends and learn new things. If it's fun, you will want to keep coming!
- ✱ Our range of day time and evening programmes concentrate on **improving health and wellbeing** whilst having fun.

Sessions you can choose from include:

-  Dance
-  Fitness
-  Gardening
-  Men's Group
-  Social Wellbeing
-  Women's Group
-  Yoga



Find out more








<https://piponline.org.uk/what-we-do/health-wellbeing-happiness/>



PiP Creative + Performing Arts

- * At PiP, we support you to **explore your creative side**. Creative and performing arts build confidence and communication skills – key skills that lead to independent living skills.
- * We also help you to follow your interests in **creating art** and to work towards being recognised for your skills and talents as an artist, actor, writer or musician.
- * We will help you to **promote your skills and talents** so that your work is seen by a big audience.

Sessions you can choose from are:

-  Drama
-  Cabaret
-  Art
-  Creative Writing
-  Music
-  Podcasts
-  Sensory Art



Find out more

<https://piponline.org.uk/what-we-do/creative-performing-arts/>



PiP Independent Living Skills










✱ We promote the **choice and independence** of the people that use our services. Independent Living is not just about where you live but how you live.

✱ It means **being supported to develop skills** so you can make your choices become real. This could mean learning to make your own lunch, learning to travel on your own to your favourite park safely, learning to Hoover your own bedroom and learning to speak up when you don't feel well.

✱ We also work closely with the teams where you live or who help you travel to make sure you get the support you need to get to and **enjoy your time at PiP.**

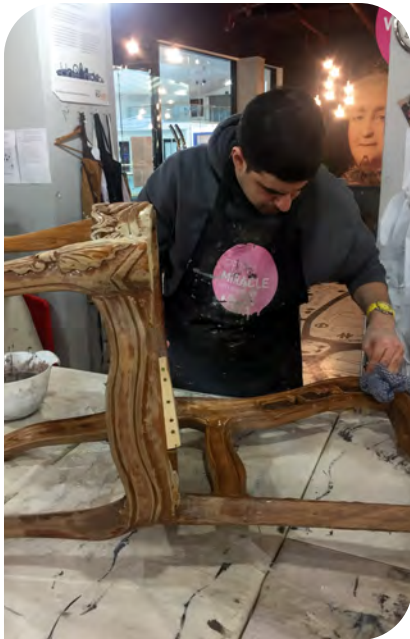
Sessions you can choose from are:

-  Healthy cooking
-  Daily Living Skills
-  Travel Training
-  Keeping Safe
-  Advocacy
-  PiP Holidays
-  Getting to know your community



Find out more

<https://piponline.org.uk/what-we-do/independent-living-skills>



PiP Employment + Vocational Training



✱ Lots of PiP students want to work and you might want to too. **Our Employment and Training sessions** makes sure that you get the chance to find out if work is the right choice for you, keep learning and gaining skills for employment.

✱ **Fruitful is our juice stall.** By joining our Employment programme, you will join Fruitful and get to put new skills into practice such as customer service, marketing, money management and learning to work safely with food and drinks.

✱ We work with colleges, businesses and social enterprises to help you build your CV. We can also help you find volunteering, workplace visits, work experience and **support you into paid work** that fits around your life.

Sessions you can choose from are:

- 📁 Employment Group
- 👤 1:1 Job Coaching
- 🪑 Petit Miracles – our upcycling furniture partner
- 🌀 Fruitful
- 📢 Advocacy



Find out more

<https://piponline.org.uk/what-we-do/employment-vocational-training>

To find out more you can book a visit to PiP.



Get in touch with us:

- * Email: referrals@piponline.org.uk
- * Call PiP's Service Manager on **0208 960 4004** or **07824 990 472**

You can find us here:



Pursuing Independent Paths

4e Warwick Court, Shirland Mews, London. W9 3DY

In February, we are opening a new centre a short distance away at: 306 Kensal Road, London. W10 5BE

Registered charity number: 1088592