

MULTI ACTIVITY COMMUNITY CLUB FOR LOOKED AFTER CHILDREN AND YOUNG PEOPLE



AGES: 7-17

**Aberavon Community
Centre, SA12 6UH**

**Wednesdays @
6:30 PM**

Aim

The community club is a pleasant, fun and enjoyable environment for children to attend where they are greatly encouraged to participate in a variety of both structured and personal tailored activities with the implementation of 'person centred planning (PCP)' for children to develop physically, mentally and spiritually for them to become valued members of society.



FREE!!!

What is PCP?

Ideology known as 'Person Centred Planning' (PCP) is used as a fundamental baseline in all aspects of the community group. The concept is an umbrella term for a variety of various specific approaches which focus on 'planning' in the present which leads to achieving personal ambitions and creating positive changes within people's lives in the future (Stalker and Campbell, 1998).

The main principle of PCP is that it holds the belief that vulnerable people, such as a child in your care, are entitled to the same rights, opportunities and choices as other members of society and therefore, the fundamental values of both PCP and the community group fixate on directly providing this (O' Brien and O' Brien, 1998).



Opportunities Of PCP

- Creates a better life for the Individual.
 - Gives the individual and their family a clear vision of a productive life and supports steps towards this.
 - Maximises individual's inclusion and connection with the wider community.
 - Pursues the dreams, ambitions and goals of the individual.
 - Improves social skills and progresses individuals to become comfortable in social environments.
 - Develops conversational skills and develops a positive mindset.
 - Keeps individuals intellectually active, subsequently, promoting health and wellbeing.
- (Wigham et al, 2008).

How the Community Club Promotes Social Inclusion



Within today's society, vulnerable people unnecessarily experience life quite differently. Usually, they feel as if they may not have a sense of belonging in the community and may not have access to activities they prefer or desire, consequently, vulnerable people therefore lack opportunities to work, play, learn and develop social relationships with others (Taket, 2013).

However,

The Community club is an advocate for social inclusion and strives to extinguish social exclusion as it is aware that the concept is a vital determinant of health for a child in your care, and social exclusion leads to poor mental health, loneliness and self-esteem. To promote social inclusion, the community club:

- Encourages looked after children participate in the wider community.
- Builds links with community projects and schools to increase social contact.
- Provide activities that will offer regular contact with others.
- Ensure that people have chances to identify common interests.
- Constantly modifies all aspects of the service, including rules, to ensure all young people are consistently participating.



How the Community Club Uses PCP

As there are numerous direct opportunities and benefits arising from the ideology of PCP, it seems appropriate to implement it within the community group in order to aid children, such as a child in your care, attending the community club in creating positive experiences for the future. As the community club focuses specifically targets 'looked after children', it is vital to note that there will be specific PCP approaches that could be deemed more useful and will be identified with the help of the child and you, the carer, for the individual to achieve their ambitions and dreams. It is vital that we work alongside you, the carer and friends of the individual in order to effectively create a successful plan as it is you who know the individual the most and will most likely be supporting them the rest of their lives.



Activities at the Community Club

The community club puts a large emphasis on personal choice and provides a large quantity of various equipment which enables children to pick and choose which activities they want to participate in. In addition to this, structured activities such as pool, specific sports, board games, PlayStations, arts and craft and forest adventures are provided for the individuals who feel they are unable to independently choose an activity to therefore ensure they have the most FUN and PRODUCTIVE experience possible.

Contact Us

For further information, please do not hesitate to contact us:

www.NPTcommunityclub.co.uk

nptcommunityclub@gmail.com

01639 899059



looked after
children

Reference List

O' Brien, C. and O' Brien, J. (1998) *A Little Book about Person Centred Planning*. Ontario: Inclusion Press.

Stalker, K. and Campbell, V. (1998) 'Person-centred planning: an evaluation of a training programme', *Health and Social Care in the Community*, 6 (2), pp. 130–42.

Taket, A. (2013) *Practicing Social Inclusion*. Oxon: Routledge.

Wigham, S. (2008) 'Reported Goal Setting and Benefits of Person-Centred Planning for people with Intellectual Disabilities', *Journal of Intellectual Disability*, 12 (2), pp.143-152.

Reference List – Images

Ben and Jerry's (no date) *Community on Earth*. [online image]. Available at: <https://www.benjerry.co.uk/values/issues-we-care-about/social-inclusion> (Accessed: 29/03/19).

Kesgrave Council (2017) *People Jumping with Colourful Background*. [online image]. Available at: <http://kesgravetowncouncil.org.uk/listings/tuesday-youth-club-re-opens/> (Accessed: 29/03/19).

Pattern Pictures (2019) *Brick Wall Texture*. [online image]. Available at: <https://www.patternpictures.com/brick-wall-red-stone-background-texture/> (Accessed: 29/03/2019).

Redcar and Cleveland Council (no date) 'Welcome Looked After Children' image. [online image]. Available at: <https://www.redcar-cleveland.gov.uk/LookedAfterChildren> (Accessed: 29/03/19).

Somersham Council (no date) *Three People Jumping with Colourful Background*. [online image]. Available at: https://www.somersham-pc.gov.uk/Somersham_Youth_Club_16429.aspx (Accessed: 29/03/19).

Spectrum Care (2019) *Cartoon People Helping Person on to Platform*. [online image]. Available at: <https://www.spectrumcare.org.nz/practice-framework/community-inclusion/> (Accessed: 29/03/19).

St Coman's Wood Primary School (no date) *Line of People Holding 'COMMUNITY' banner*. [online image]. Available at: <http://www.comanswoodprimary.ie/sample-page/community-clipart-school-community-3/> (Accessed: 29/03/19).

Unknown Author (2015) *Jigsaw Pieces Joining*. [online image]. Available at: <http://ice.ac.in/2015/12/02/inclusive-education/> (Accessed: 29/03/19).

Unknown author (2019) *Cartoon Football*. [online image] Available at: <https://www.kisspng.com/png-football-sport-clip-art-cartoon-soccer-goal-193193/> (Accessed: 29/03/19).

Unknown author (2019) *Cartoon Rugby Ball*. [online image]. Available at: <https://www.kisspng.com/png-football-clip-art-football-player-cartoon-2539349/> (Accessed: 29/03/19).

Unknown Author (2019) *Stack of Books*. [online image]. Available at: <https://www.kisspng.com/png-animation-book-cartoon-illustration-cartoon-books-511983/> (Accessed: 29/03/19).

Unknown author (no date) *Multi Activity Symbol*. [online image]. Available at: <https://young.scot/local-authorities/fife/kirkcaldy-and-surrounding-areas/multi-activity-camp/> (Accessed: 29/03/19).

Winchester GO LD (no date) *Cartoon Person Holding their Plan*. [online image]. Available at: <http://learningdisabilitieswinchester.org.uk/supporting-you/person-centered-plan/> (Accessed: 29/03/19).

Ysgol Gogarth (no date) *Inclusion Image with Person in Centre*. [online image]. Available at: <http://www.ysgolygogarth.co.uk/parents/person-centred-planning> (Accessed: 29/03/19).