

# **Centre for Independent Living**

Support for people with learning disabilities

## **About us**

The Centre for Independent Living is a day opportunity service which supports adults with learning disabilities to maintain and improve their daily living and independence skills. It is for people who are not reliant on a building base to meet their needs. The service offers opportunities for individuals to progress to more independent lifestyles through activities and by accessing services in and around the town of Bedford. The staff team consists of Senior Day Care Officers, Day Care Officers and Community Facilitators. The team support people to achieve their goals using Gadsby Street as a base.

The Centre for Independent Living is a base close to the town centre of Bedford and is accessible from Bedford bus station.

## **Our aims**

The main aim of the service is for people to develop personal and independent living skills and to ensure access the local community in the same way as all other citizens. The service will achieve this by supporting people who would like to become more independent, to work towards gaining work experience, take part in community projects and where possible to work towards employment. The service will also support people to learn to travel as independently as possible, opening up opportunities to a more rewarding and inclusive lifestyle.

## **Services offered**

The service supports people who are supported by Adult Services to make greater use of the facilities in and around the town, such as leisure, sport, social, public transport, and community enterprise projects. The Supported Employment Service also runs from the Gadsby Street base and people are encouraged where possible to aim towards work experience or paid employment.

We are currently open from Monday to Friday 8.30 – 4.00 and we are looking for further opportunities to extend these in the future. The service is closed on bank holidays.

### **We support people with:**

- Shopping
- Cooking, budgeting and working to achieve a healthier lifestyle
- Using public transport – travel training
- Maintaining daily living skills – through practical training and support
- Accessing local sports and leisure services in and around town
- Becoming part of community projects towards work experience such as the (car wash, ‘thumbs up’ greeting card, meet and greet service, catering enterprise, DJ projects)
- Becoming more active and confident to be included in the local community

- Sessions at the base centre around enhancing daily living skills including accessing the computer, work preparation and personal safety
- A base where personal care needs can be met in a high spec environment and fully accessible ground floor

## **Eligibility and access**

The Centre for Independent Living supports people with a learning disability from 18 years of age who are eligible for Adult Services and are assessed as needing support to access the community, development of skills and confidence to increase lifestyle choices.

To find out more please contact the Adult Learning Disability Team on 01234 276762. They can offer you advice on eligibility, the referral process and whether you have to pay any contribution towards the cost of care.

## **Safeguarding Adults**

Abuse is mistreatment by any other person that violates your human and civil rights. Bedford Borough Council is committed to safeguarding vulnerable adults from abuse (SOVA). If you are being abused or suspect that someone you know may be the victim of abuse contact Adult Services. Your concerns will be taken seriously and will receive prompt attention.

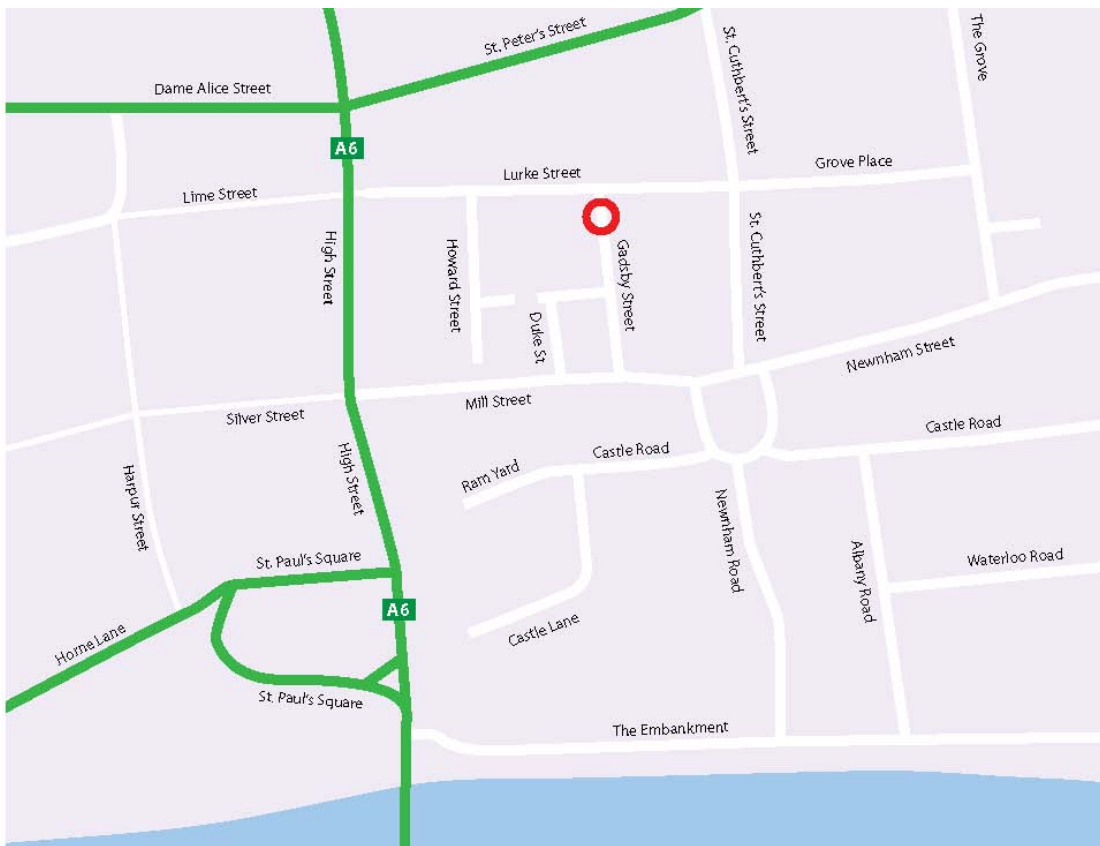
## **Having your say**

We would like you to tell us how you think Bedford Borough Council's Adult Services have worked for you and what you think of our services. Our staff will ask for your views throughout your contact with us.

To give us feedback on the service you have received, please speak to the manager or staff at the Centre for Independent Living or write to us at the address on the back page.

## How to find us

The Centre for Independent Living is opposite Lurke Street multi storey car park.



## Finding out more

If you would like further copies or more information about us and our services, please telephone or write to us at our address below.

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## Contact the Centre for Independent Living

**Tel: 01234 718030**

Centre for Independent Living  
21-23 Gadsby Street  
Bedford  
MK40 3HP

## General Enquiries

**Tel: 01234 267422**

Adult Care Services  
Bedford Borough Council  
Borough Hall  
Cauldwell Street  
Bedford  
MK42 9AP

**Ask for leaflet  
AS175\_12**

**Email: [care@bedford.gov.uk](mailto:care@bedford.gov.uk)**