

## Step by Step



### When does it run?

Our Step by Step programme is a temporary service which is expected to run for most of 2021. It consists of 3 evening sessions:

- Tea and Cake: Every Monday evening from 6.30 to 7.30pm
- Rounders and Games: Every Tuesday evening from 6.30 to 7.30pm
- Cage Cricket: Every Thursday evening from 6.30 to 7.30pm

### Where does it take place?

The Tea and Cake and Rounders and Games sessions take place at our premises at 8 Stanley Park Road, Wallington SM6 0EU.

The Cage Cricket session takes place at the Phoenix Centre, Mollison Drive, Wallington SM6 9NZ

### Who is the service for?

The service is aimed at adults with a learning disability who have experienced isolation as a result of Covid-19. We know that many people with a learning disability have had to shield during the pandemic and that others have not felt confident going out and meeting their friends again. Step by Step is aimed at helping people overcome these concerns.

If you need to, you are welcome to bring a support worker or family member to support you. We are not able to provide personal care on the services.

### How is the service organised?

All the services are group-based. The Monday and Tuesday sessions are run as drop ins, with no need to book. The Thursday session requires booking so that we can control numbers.

### Who provides the service?

Each group is run by a small staff team from Sutton Mencap. All our staff are experienced in working with people with a learning disability and have taken part in our extensive training programme. Where required, we bring in specialist support to help deliver some of the activities.

### How can I join the service?

There are no membership requirements and for the Monday and Tuesday sessions, you can just turn up. Booking is required for the Thursday cricket session.

### Is there a waiting list?

No.

### Can I choose when I attend?

Yes. You are free to attend whenever you wish.

### What happens on the service?

Each service has a single activity which people can join in with. You will get to meet with other people, chat with friends and take part in the activity. Services are usually

delivered outside or with good social distancing, to minimise the risk of spreading the Covid infection. Occasionally we have visitors from other organisations, including the council, to see how the service is going and find out more about the needs of people with a learning disability.

**Can I choose the activities I will do?**

We are not able to provide more than one activity per session. There is a choice of which evening to attend and therefore which activity you would like to do.

**Is transport available to attend the service?**

No. You will need to arrange your own transport to and from the sessions.

**How much does it cost?**

The sessions are funded by the Covid Recovery Fund, distributed by the London Borough of Sutton. There is no charge for attendance.

**What needs to happen before I can start?**

The Monday and Tuesday sessions are generally done on a drop-in basis so all you need to do is turn up. Please book for the Thursday evening session.

**These are temporary groups. What happens when they end?**

These groups will stop when the funding runs out. We will be keen to talk to everyone who attends to see if there are other activities you would like to do and how we can help you take part in them.

**How can I find out more?**

Contact Tammy Satchell, Adult Services Manager on 020 8138 8956 or e-mail [tammy@suttonmencap.org.uk](mailto:tammy@suttonmencap.org.uk)