

Who is 3D Community Support for?

Anyone!

People we already support include:

- Older people
- Disabled children, young people and adults
- People with learning difficulties or mental health differences
- Parents and families
- People experiencing isolation and loneliness
- Those experiencing ill health or recovering at home.

This service is designed to make sure we can help you make long term changes and to enable you to feel positive about your life and take control of your future.



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3D COMMUNITY SUPPORT

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3D is a unique service which aims to help people in the community to live rich and fulfilling lives by helping them create and implement their own support plan.

Our Facilitators work one to one with people to understand what they want out of their lives, achieve their goals and to help them overcome barriers and find solutions.

We take time to really listen to what people want and need to improve their lives and then we support them to perhaps do something as simple as go shopping, carry out day to day tasks or to plan bigger challenges and changes to get more out of life.

We can help you:

- Get out and about
- Meet new people
- Reconnect with friends
- Join a group or club
- Meet spiritual or faith needs
- Cope with forms and paperwork
- Get time and space for yourself
- Find a job or volunteer
- Set new goals or make plans for the future
- Build confidence to take control and change your own life



3D Community Support is built around you and what you need. Our Facilitators are highly trained and will develop with you, adapting to what you need and helping you to aim higher and reach further and find real happiness and fulfilment in your life.

3D Community Support is very flexible. It can be built around your other commitments and at times that suit you.

Our Facilitator's time is charged by the hour. Our fees are transparent and agreed in advance so you can decide what you need and can afford. You can choose to fund these sessions personally or with self-directed support.

Your 3D Community Support can include:

- Life Coaching and help to build your own Person Centred Plan
- Help to develop your own Circle of Support
- Empowerment to Employment training
- Advocacy support to help get your voice heard
- Support to make use of community services and facilities
- Help to develop social networks and friendships
- Help to develop confidence and life skills

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3D Community Support has been designed specifically to empower individuals and families to understand what they are entitled to and how to take as much control as they want!

3D provides flexible and highly individual support to help people create and implement a tailored Support Plan that works for them.