

# 3D Community Support

*3D is a unique service which assists people in the community to live rich and fulfilling lives.*



## *3D Community Support is built around you and what you need.*

*Our facilitators are highly trained and will develop with you, adapting to your choices and helping you to aim higher, reach further and find real happiness in your life.*

Facilitators work one to one or in small groups with people to understand what they want from their lives, achieve their ambitions and help find solutions to the barriers they may be facing. We take time to really listen to your needs and support you to overcome life challenges and have fun.



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

Our facilitators' time is charged by the hour. 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, through your health and social care budget or with self-directed support.

### Who is 3D Community Support for?

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

*This support is designed to ensure you gain the help you need to make changes in your life and to enable you to fulfil your dreams, wishes and aspirations.*

### 3D Community Support can include:

- Life Coaching and help to build your own Person Centred Plan.
- Guidance to develop your own Circle of Support.
- Getting in touch with nature.
- Advocacy to help get your voice heard.
- Making use of community services and spaces.
- Assistance to develop friendships and relationships.
- Help to develop confidence and life skills.
- Finding ways to help you utilise leisure and play activities.

*3D Community Support has been designed specifically to engage individuals and families in understanding what they are entitled to and how to take control over their lives.*

*3D provides flexible and highly individual support to assist people to create and implement a tailored support plan that works for them.*



#### **For more information please contact:**

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