



ROC Aspects

Paignton



About ROC Aspects

Aspects is a community-based learning hub committed to creating opportunities for people with learning and physical disabilities, autism, mental health and sensory impairments.

Aspects is one of United Response's Skills & Wellbeing services in Torbay. We support people to develop skills for life in a safe and nurturing environment. We recognise the importance of building confidence and discovering independence, through the promotion of social inclusion and interaction.

We support people to develop decision-making and self-advocacy skills, offering guidance to help individuals to identify and achieve their goals.

We offer a range of learning opportunities including ICT, cooking, art & crafts and gardening to nurture creativity and develop skills, all the while building friendships and connections.

We provide group learning sessions, 1:1 support, in Aspects as well as supporting people to access their local community.



Shopping with a difference

Positively Unique at Aspects is one of our retail outlets. Positively Unique produces a range of creative crafts and personalised gifts, providing opportunities for learners to gain employability skills. Our high street stores offer employment pathways in retail, customer service, printing and production.

We are committed to providing meaningful preparation for employment opportunities across Devon and Cornwall. At Aspects, our Job Coaches can offer support with job search skills, careers advice, guidance and signposting.

Wellbeing is defined as, 'the state of being healthy or happy'. Wellbeing is important to us all. Aspects empowers people to gain skills, a sense of fulfilment, social inclusion and happiness, by providing a clear and consistent pathway.



Aspects empowers people to access, learn and grow within the community.





Learning opportunities

Open six days a week, we offer a range of learning opportunities in:

- Cooking
- Art & Crafts
- Gardening
- Computer groups
- Social groups
- Walking groups
- 1:1 enabling
- Job coaching



Cooking

Our healthy cookery sessions teach a wide range of cooking techniques. We encourage our learners to experiment with new or unfamiliar ingredients and understand the importance of nutrition, safe and hygienic methods of cooking, and build healthy eating routines. We support our learners to build confidence in the kitchen, develop their numeracy and literacy skills, as well as social skills, in a fun learning environment. Our kitchen is adapted to meet the needs of wheelchair users. We use adaptive equipment to ensure the sessions are inclusive to all.



“ I like Aspects because I see my friends and we have a wonderful time.

Nicky



Art & Crafts

Our arts and crafts session offers a range of creative activities, including; painting, drawing, clay modelling & sculpture, jewellery, sewing, embroidery, weaving, knitting, fabric printing, papier-mâché and lots more! People attending these sessions learn new skills, socialise and develop confidence using varied crafting techniques.

“ I have lots of fun with everybody.

Kirsty



Gardening

Our therapeutic gardening sessions focus on increasing mental wellbeing through engagement in nature, to build confidence and develop practical gardening skills. Sessions include plant care, sewing from seed, potting on, composting, and understanding the benefits of growing your own produce. Produce grown in the garden is utilised by our cookery group. We also make personalised gifts using plants grown in the garden. Aspects garden is accessible to ensure people with a range of disabilities can enjoy this therapeutic environment. The gardening group also tend flowerbeds in community spaces.





Computer groups

Our computer sessions offers opportunities to gain ICT skills, including: emailing, searching the internet, gaming, personalised projects, using Microsoft, creative writing, money skills, numeracy and literacy, internet safety, online puzzles, digital media and music. Bespoke computer sessions are tailored towards individual's needs and preferences. We use assistive technology such as high contrast keyboards, large and/or braille keyboards to help visually impaired and low vision users differentiate the keys, screen readers and displays, screen magnifiers, rollerball mouse and touchscreen monitors, to ensure that the sessions are inclusive to all needs.



Social groups

Being socially connected and maintaining an active lifestyle are key elements to staying healthy. Our social group promotes community engagement, socialising with peers, using public transport and discovering the community.



Walking groups

Our guided walking group offers an opportunity to promote physical health and mental wellbeing. The group organise walks across South Devon, utilising public transport to access beautiful countryside and coastal locations.



1:1 enabling

Aspects provide personalised 1:1 enabling support. We liaise with individuals and their families to tailor support specifically to enhance wellbeing opportunities, promote inclusion and choice. Through the process of person-centred planning, individuals identify their goals and are supported to develop an action plan to formulate how they can achieve them. Aspects support people with daily living skills, using public transport, accessing the community and to visit places of interest and to socialise with their peers.

“

I have learnt so much over the years. I never thought I would be able to sew!

Will

“

I like the activities and I enjoy having fun with my friends. The staff are friendly.

Nigel

Contact information

For further information, feel free to pop in or contact Aspects.

Telephone: **01803 552955**

Based at:

Aspects, 35 Hyde Road, Paignton, Devon, TQ4 5BP

ROC Skills & Wellbeing is part of the national charity United Response.
For more information about what we do, go to:
www.unitedresponse.org.uk

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