

Outreach

Health and Wellbeing



About us

We're a flexible and friendly outreach service offering 1:1 support to people with learning disabilities, autism and mental health needs.

We help people discover new places, people and passions in their local area, and live confidently and safely in their own home.

Our credentials

We blend a healthy dose of local knowledge and understanding with the high-level support you'd expect from being part of a national charity. United Response has over 45 years of experience helping people with disabilities and mental health needs live the lives they want.

Our support

What we do has clear benefits for people who:

- Need a little help in their everyday life
- Want to meet new people and try different things
- Feel lonely or could easily become isolated
- Want to become more independent and learn valuable life skills

Our service is ideal for people with:

- Learning disabilities
- A mental health diagnosis assessed on an individual basis
- Autism assessed on an individual basis

We help people:

- Live alone with confidence by developing their independent living skills
- Join groups and activities that nurture their natural talents and help them discover new ones
- Access local leisure facilities
- Build new friendships

United Response
support that changes with you

How does it work?

When we meet someone for the first time, we set to work finding out everything we need to know to make what we do work for them:

- What makes them happy?
- What don't they like?
- What have they always wanted to try?
- What do they wish they could better at?

When we've got a good picture of what they need, we work on matching their interests to places and activities already available near to where they live. With so many fun things to do in York, we're never short of ideas to help inspire people's curiosity.

For those who find living on their own a bit of a challenge, we focus on equipping them with the skills they need to feel more in control of their home and everyday life - from paying bills on time, to mastering how to cook the perfect Yorkshire Pudding!

Encouragement is key

Every few weeks, we'll have a progress check - is their confidence improving, are they having fun, is there anything they want to try differently? Our staff know exactly what challenges the people who use our service may face - be they physical, mental or linked to public misconceptions about what they can do. They use this knowledge to encourage positive risk-taking, boosting people's confidence in their own abilities and moving only at a pace they're comfortable with.

How much does it cost?

Everything we do is on a 1:1 basis, so hours and activities will differ for each person. We cannot, however, provide support in anything smaller than three-hour blocks.

To organise an assessment and get a more accurate guide on fees, please contact Audrey Lawrie.

"I like visiting the Jorvik Viking Centre in York"



Where can I find out more?

For more information about the service we provide or to discuss a referral, please contact:

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