

Aspire Hereford offer support services for people in Herefordshire, including those with learning disabilities, their families and carers, to enable them to live a full life within their community. We offer support that is tailor made to suit your needs.

## What We Do

### Support in your home

If you have a learning disability we can support you to sign up to a tenancy agreement and live in your own home. This is called Skills for Daily Living. This can help you with:

- Setting up and maintaining your tenancy
- Managing your money and claiming benefits
- Accessing the services you need
- Being safe in your own home
- Coping with daily life

### Day opportunities

Accessing education courses:

- Health & Wellbeing
- Living with Diabetes
- Money Management delivered in partnership with Barclays Bank
- Sexual Health
- Safeguarding Yourself

Accessing day support such as:

- Day centres and Outreach projects

Accessing community facilities such as:

- Library
- Music groups
- Day trips
- Bowling
- Cinema
- Swimming and other sports
- Outdoor activities and hobbies

Accessing social opportunities such as:

- Joining clubs
- Making friends
- Going on trips

**Provide support to access work opportunities both paid and voluntary.**



### Residential homes

We manage three residential homes in Hereford and Ross-on-Wye. Each of these accommodates up to six people. They live with the support of a well-qualified, caring and enthusiastic staff team.

### Support for carers

At Aspire we recognise that everyone needs a break from time to time. We also believe that it is important to maintain continuity of care. So we offer a range of opportunities to fit in with what your family requires.

Our short breaks can be arranged when you need them. We will match the person you care for with a staff member who has similar interests, so that both will enjoy the activities on offer.



## About Us

To find out more about Aspire, please contact us:

### Internet

<http://www.aspirehereford.org.uk/home>

### Email us:

[mail@aspirehereford.org.uk](mailto:mail@aspirehereford.org.uk)

### Phone us:

Head Office

Tel: +44 (0) 1432 269406

Fax: +44 (0) 1432 356953

Aspire Community Hub

Tel: +44 (0) 1432 266881

### Address

#### Head Office

Aspire Living Ltd

Suite 4

Penn House

9/10 Broad Street

Hereford

HR4 9AP

#### Aspire Community Hub

Canal Road

Hereford

HR1 2EA



## Aspire Community Hub

**Free week of activities for every new member!**

Monday – Friday 9am - 4pm

Morning session 9am -12

Afternoon session 1-4pm

*The information above has been taken from website:*

<http://www.aspirehereford.org.uk>

call us on: **01432 269 406**