

Community Connecting Newsletter

Employment and Community Skills (ECS)

November 2022

Community Connecting (CC) is part of Employment and Community Skills, supporting people on the pathway to adulthood, employment and beyond. Working with young people and adults with special educational needs and disabilities, including autism. The teams that make up ECS are

**Wiltshire Employment Support Team ✓ Community Connecting ✓ Wiltshire Supported Internships
Get Connected ✓ Travel Training**



“I am loving Zone club, I am having a great time and meeting new people”

Charlotte wanted to build on her social skills. She lives quite rurally so finding something local to her would be challenging. Her parents were happy to take her and collect her from any activity.

Zone Club offers a music-making project for young adults with learning disabilities. The club runs once a month on a Saturday which worked well as Charlotte was still at college full time during the week.

After a period of support and encouragement, Charlotte attends on her own and has made new friends and is learning new skills.

How to meet new people?

It can be difficult to know how to behave in social situations or when you are in a group of people. Learning how to be around new people and practicing your social skills will help you feel more confident in new places and situations.

Afterschool activities **Going to the Gym**
Meeting friends at a local café **Youth club**
Volunteering **Joining a sports team** **Duke of Edinburgh Community Projects**
Eating lunch with different people at college
Going to work

Social skills are important for inclusion into everyday life and can really help you be more confident and do more.

Things like:

- Get out of your house and meet your friends
- Help make friends at school or college
- Be part of any local community events and leisure activities
- Help when learning to travel independently
- Being more confident when talking to people is a really important thing when looking at voluntary and paid work

Meet Jacey . . .

Jacey was already being supported by Community Connecting to access the gym that she had learned and practiced well. She now needs very little support and uses the gym independently.



Jacey wanted to continue to work on her confidence and develop her social skills outside of her home or the gym. She wanted to meet new people.

Jacey was supported to join a social club that would make her feel welcome straight away. To begin with Jacey attended a free session to see what she thought and to see if this was something she would like to continue.

Jacey had one to one support from her community co-ordinator. She can become overwhelmed and experience high anxieties that affect her mood and behaviours. There was a point during the first few sessions where Jacey was not sure she wanted to continue.

With support from her family, Community Connecting and the social club staff, Jacey slowly and gradually at her pace started to overcome some of her anxieties and as the sessions went by Jacey was starting to not rely on the support as much and started to take the lead on things like circle time at the very start of the group.

Jacey has really enjoyed arts and crafts and regularly does this each week with a few of the other members of the group and has started to develop a couple of friendships. Jacey enjoys it when outside people come in to do additional activities like cooking, baking etc, especially as Jacey gets to take the final product home. The club celebrates members birthdays which included Jacey's, and this was celebrated with a cake which Jacey thoroughly enjoyed. Although Jacey found the group a real challenge at the start, she is now attending without support and like the gym this has become part of her weekly routine.

Supported by Gareth Skuse
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Are you leaving college next year?

It is important to think about life after education.

What will you do when college is finished?

How will you see your friends from college?

Can we help?

If you do not have any hobbies or activities outside of college, you may need a referral to Community Connecting who can support you with independence.

Please contact us for more information about Community Connecting or any of our services
west.cc@wiltshire.gov.uk or call the office on **01225 718004**



We can be found on Facebook as part of our wider team;
Employment and Community Skills