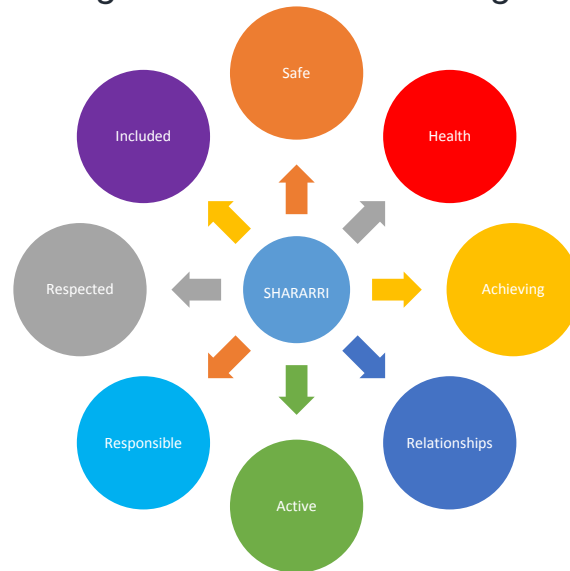


Welcome to Banff and Buchan (Fraserburgh) Day Opportunities

Supporting adults with disabilities to achieve positive outcomes



*We offer a range of services, activities and projects to adults with disabilities to meet your individual outcomes.
The service is supported by a team of trained and experienced staff with a wide range of skills and knowledge*



Skills Development and Training opportunities for people who are working toward greater independence. achieving- respected- responsible

Café Connect

The inter-net café in the centre of town offers sandwiches, soup and refreshments prepared and sold by our project members, up to 8 members on duty in the project supported by 3 staff and volunteers.



The Internet café serves the local community well with modern technology.



Fraserburgh Community Web

Work placement at the Fraserburgh Community Web will involve updating the website and producing brochures, leaflets and bespoke work for the community as part of the business arm.



Can Do Recycling

Collection, sorting and baling of recycled cans and plastics is managed in the project in the industrial estate. On the collection truck, fork lift or machinery at the unit there are a range of jobs for all abilities. The project coordinator with 2 staff support 14 individuals over the week to meet the recycling targets.



Can Do Furniture

Relying on community donations we upcycle and refurbish household furniture for reselling. A staff member works with a rota of individuals to develop their DIY, retail and mini craft skills which are developed in our workshop and showroom.



Can Do Bike Project

A staff member and volunteers work closely with individuals to clean, repair, paint and resell donated bikes to the community. Located in the Can Do work shop and Can Do showroom along with the recycled furniture these are new projects.

Robertson Road Resource Centre Coffee Bar

Is our first step to developing café skills including personal and food hygiene standards. The café can offer daily placements for up to 3 individuals supported by a staff member

Community and Group Opportunities

for people building on personal learning and development
for people who require support to participate in community activities
active-involved-relationships

We support people to access and participate in activities that support involvement and building networks and relationships. We also recognise the importance of giving people opportunities that provide new learning experiences.

Secret Garden

A support worker accompanies a small group of interested gardeners over the summer months to work in the community secret garden.



Fraserburgh Community Sports Centre

FCSC – offers us swimming, games hall activities, trampolining, Community Courses including literacy and numeracy. Over a week 20 individuals will use the facilities supported by staff and volunteers.



Arts Development

Expression through the arts is promoted in conjunction with the wider community. Fraserburgh Development Trust sponsored our participation in the Secret garden Arts project.

Community Kitchen – Confidence to Cook

A dedicated kitchen for all in the community to access and increase their confidence to cook supports healthy options and skills development.



Independent Travel (travel training)

Our qualified trainers support you to become more independent.

Advocacy

People First an advocacy group for people with learning disabilities supports individuals by involving them in workshops i.e. “2015 Scottish Referendum Debate” and for those with musical interests; drumming and singing.



Walking Groups

Healthy Steps group and Community Walkers offer a range of speeds and stamina walks for individuals with different abilities.

A building based service

for people with high level support needs

This service is suitable for adults with profound and multiple disabilities as well as those with complex social needs.

safe – healthy - respected

Robertson Road Resource Centre



Car parking and easy access

Within the Resource centre people can receive:

Personal care

Behavioural Support

Use of up to date equipment and resources which are also accessed by the wider community, these include the Spa Bath, Snoezlen, Cool Zone, Games Pad and Snug.



Parks and Beaches

A feature of the photography group, environment group and a beautiful setting for outdoor enjoyment we make the most of our wonderful location

The service offers:

Rooms and resources which are suitable for people with a range of needs.

Access to the Learning Disability Health Team and Mental Health Team and Physical Disability Team who work alongside staff to provide individual support.

A staff team with relevant training to support you, additional training can be given to our staff to enable the best quality provision for you and your needs.

- ✓ Physical and sensory support
- ✓ Communication Support
- ✓ Health support
- ✓ Social support

Access to extensive grounds including the pergola garden, sensory garden and workshops and sheds.

Accessible Bike Project



Two bikes adapted for wheel chair and a tandem giving extra support to balance are available in the community.

West Wing



Ball Pool



Outreach

For people whose level of need is complex and exceeds what can be provided within buildings offering day opportunities

Working with our health colleagues, to provide home or community based support from an integrated outreach team. This could include care and support with health, social, communication and therapeutic needs.

healthy – respected - involved

Bikes in the Community



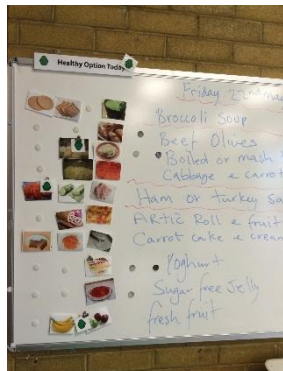
Art Therapy



West Wing Tree of Support



Healthy Food Choices



West Wing

The activities we offer for members who have profound and multiple disabilities are numerous. A range of equipment to relax and strengthen bodies, music, art and talking books to stimulate the mind and a range of qualified and committed staff who make it their business to know what you need and want to enjoy your time with us.

Snoezlen



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Map

