



MacIntyre

Providing support...your way

# Milton Keynes Lifelong Learning

---

## Prospectus



# Welcome



MacIntyre is a national charity that provides learning, support and care for more than 1,200 children, young people and adults who have a learning disability and/or autism across the UK.

MacIntyre's Lifelong Learning service provides meaningful day opportunities for people with learning disabilities in and around Milton Keynes. These include social sports, day trip groups, enterprise and work experience, vocational skill-building activities and tailored 1:1 packages.

Following MacIntyre's award-winning Great Interactions strategies, our highly trained staff work with the people who draw on our support to ensure that the activities meet their needs and interests. Ongoing person-centred planning is at the heart of MacIntyre's DNA, which we are proud to follow in all of the work we do.

## Our Vision...

... is for all people with a learning disability and/or autism to live a life that makes sense to them.

We are very proud of what we have achieved since we were founded in 1966 and of our distinctive characteristics that have defined everything that we have done during this time.

We are proud of our past and ambitious for our future.

## Contents

Welcome	2
Why choose us?	3
Guy's Story	4
Pathways	5
Everyone, Everywhere	6
Jayden's story	7
Supporting people into employment	8

# Why choose ...MacIntyre Lifelong Learning?

We work closely with each individual to deliver outcome-focused support. Using person-centred approaches, we set goals, deliver learning and record achievements. We offer a broad curriculum to the adults we support, delivered in a wide range of vocational and community settings, such as our learning centres, local community spaces and our coffee shops. Activities include the development of independent living skills, arts and crafts, sports and healthy lifestyles, performing arts and horticulture and many more!

## Person Centred Approaches, always.



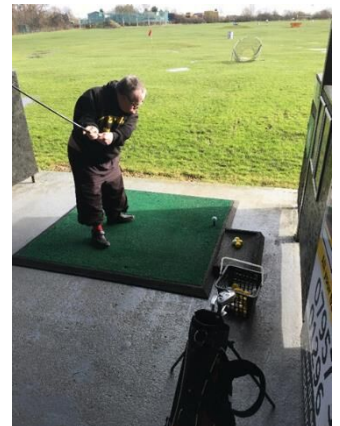
We use Person Centred Approaches to ensure that the people who draw on our support take ownership of the decisions made about their programme and goals for the future. This means that we are always listening to the people we support, learning from experiences and focusing on what is important to them now and in the future.

## Groups we facilitate

Lifelong Learning currently offers a range of opportunities across our three sites (Fletchers Mews, Beanhill and Great Holm) and in local community areas. The people we support enjoy being in the groups which they are a part of, most of which regularly take place to ensure consistency. We currently facilitate the following groups:

**Golf** – The group visit local golf courses to use the driving range and play a round of golf. During the warmer weather the group will play outdoor tennis and boules, too.

**Wellbeing and Creative Learning** –This can include anything from puzzles, making and playing games (Bingo, Pairs, Snap etc.) growing and planting seeds, litter picking around the building, collage and crafts and seasonal activities.



**Dance** – The group attend a weekly session for adults with additional needs at Bradwell Dance Centre. This allows the MacIntyre community to participate in sessions facilitated by an outside organisation. The outcomes include physical activity and meeting and socialising with people from other care providers.

**Cooking Groups** – There are currently four groups across the services. Activities include: meal planning, nutrition, menu making, recognising different food groups and project work regarding topical events. Outcomes include: understanding step by step processes, cooking skills, motor skills, choice making and promoting healthy eating.

**Gardening** – This group maintains the Great Holm site and external buildings. They grow vegetables and cook using the produce grown. They also work at The Haddons, very nearby to one of our sites, on other projects. They are currently installing a new polytunnel.

**Friendship Group** – This is a sensory focused session which is led by the people we support. The focus of the group is to provide a calm environment to help those we support who might have additional needs due to their dementia.



**Shout-Out** – A group which runs alongside the corporate “Shout-Out” session run by the MacIntyre Co-Production team. Working with our Self-Advocacy lead, the group work on projects that are generated corporately and they love having their voices heard.

**Tennis at local courts** – We have the use of a court at Stony Stratford Tennis Club on a weekly basis to practise racquet skills.

**Sports** – Based at Bletchley Youth Centre, the group play sport-themed games, take part in drill exercises, develop their team working skills and improve their reaction and listening skills.



**Film group** – This group discuss a variety of genres of movies. For every movie discussed, they take part in activities and art projects linked the movie. The group recreate movie sets; research into the making of the movies and fact versus fiction is discussed. Once a project is finalised the group enjoy watching the movie, either on site or at the cinema.

**Animation group** – This session enables the people we support to practise a wide range of multi-media, photography and video techniques. Future plans include premiering their productions in our cinema space.

And many more.....



# Guy's Story

Guy is support to live independently at The Haddons (one of MacIntyre's residential homes) with his friends.

Guy is a keen gardener. He is part of our gardening group at Great Holm and completes regular maintaince around the grounds at Great Holm including his all time favourite, grass cutting. Guy plants and grows and variety of fruit and veg in the garden. He enjoys handing these out, so they can be used in the homes or utilised in the Lifelong Learning cooking groups.

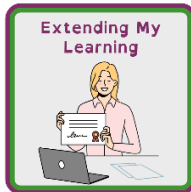
Guy is part of the Health and Safety Committee and attends quarterly meetings. Guy is working on safety sheets and flow charts on fire evacuations and garden tool safety.

Guy is incredibly proud to be one of our Health and Safety reps. Guy has told us he gets a feeling of self-worth and is proud of this achievement!



# Our Pathways

## *Extending my learning*



## *Exploring my community*



## *Experiencing new connections*



## *Expanding my horizons*



People who draw on our support will have opportunities to experience the above pathways whilst on their Lifelong Learning journey. They are designed to help them and their staff team to understand the purpose and intended outcome of their programme.

## *Extending my learning*

*Through carefully planned activities, the people we support will benefit from designing their own service and planning individualised outcomes.*

## *Exploring my community*

*Our community-based groups will ensure MacIntyre are on the map in Milton Keynes. We relish chances to discover new initiatives in the area or contribute to established community groups.*

## *Experiencing new connections*

*Having a public presence will lead to making positive connections with others in the communities where we are based. This may lead to exciting new prospects.*

## *Expanding my horizons*

*We are open to broadening our offer and plan to begin offering more qualifications and possibly paid work placements.*



# Everyone, Everywhere

**We welcome visitors to Lifelong Learning from the local communities and further afield. We believe that we can support people to make positive contributions to their communities. Also, we aspire to provide more opportunities to build relationships with local people who want to be a part of what we do within MacIntyre. These are just some of the projects we have been involved in recently/will be involved in soon:**



**Beekeeping** – A local beekeeper has visited us this year to talk about what she does and how bees make honey. The group were supported to make bee houses and we have plans to visit the hives where the bees live.

**Sailing** – During the summer months, a group of the people we support access an inclusive sailing initiative. This is facilitated by “Sailability” and run by volunteers.



**MK Gallery** – The people we support created artwork which is now displayed in a gallery. The group attended the launch during an evening and their artwork will now remain there for the next year. We are hoping to expand the display with additional artwork in the near future.



**Woodwork sessions** – The people we support have made benches and other products. We have plans to expand this project after making a new link with Men in Sheds.

**Coffee mornings** – One of our sites hosted a successful coffee morning whereby the local residents were invited to join us at MacIntyre for coffee and a chat. One attendee has since begun volunteering for us on a weekly basis. We plan to continue these coffee mornings and build on the established relationships we have already built with our neighbours.

**Community gardening** – As a result of a connection made with a lady who oversees many outdoor spaces, MacIntyre are now responsible for maintaining flowerbeds around Milton Keynes. Groups of people we support visit the sites to water, prune and tidy the flowerbeds.

**Wellbeing art group** – An art group in the Wolverton community where the people that draw on our support can socialise and build up their art skills.



# Jayden's Story

Jayden joined Lifelong Learning in 2022. He transitioned from MacIntyre's No Limits provision in Milton Keynes.

Jayden is supported by two members of staff to help him with his anxiety. When he started with Lifelong Learning, he was a very unsettled young man, who would be based in the community as he struggled with busy social settings. Within six months of being at Lifelong Learning, Jayden made huge progress and he now joins in with group activities and enjoys socialising with his peers. Jayden's favourite activity is cooking and eating the food he has cooked with others.

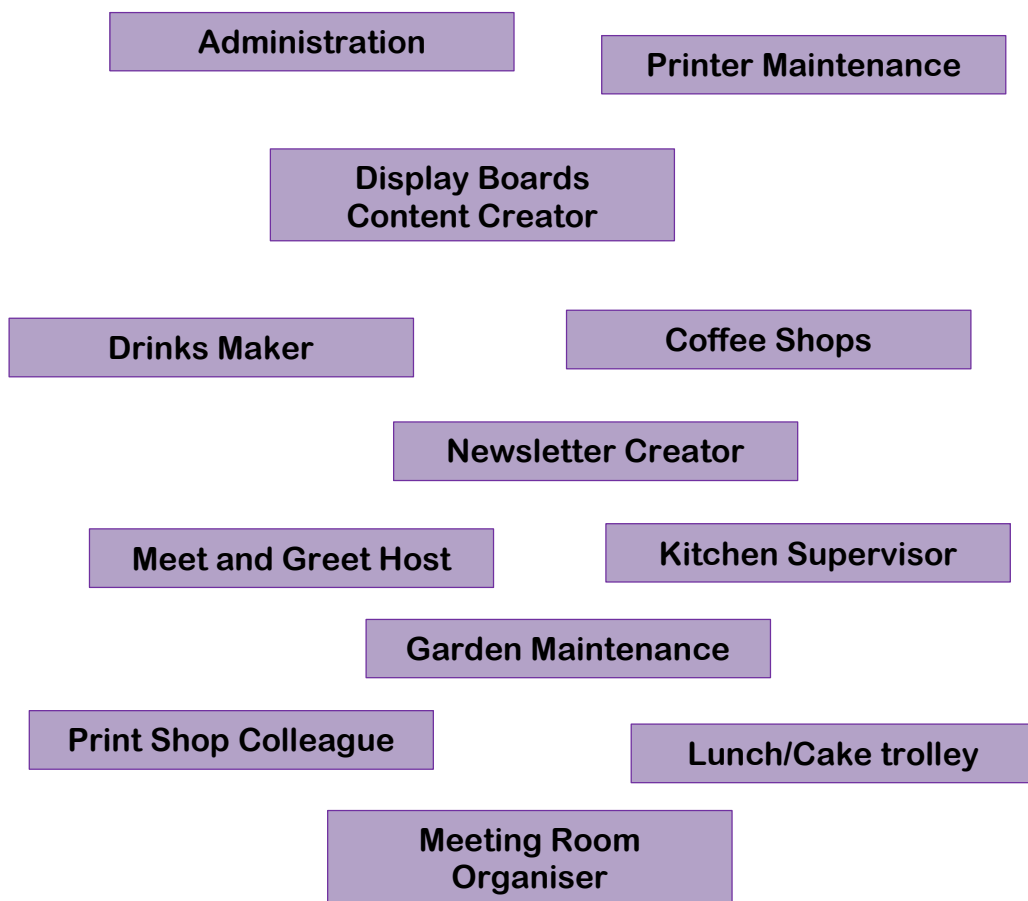
Jayden is one of (hopefully) many successful transition stories from No Limits to Lifelong Learning. He is looking forward to seeing some old friends as they start their Lifelong Learning journey later this year.



# Employability



Our dream, and the dream of some of the people we support, is to have as many people as we can in paid employment roles. MacIntyre Lifelong Learning could then provide trained Support Workers to ensure the person feels safe whilst at work. We have several options within our MacIntyre settings to provide such opportunities. We also have dedicated staff with established links to other organisations with potential employment opportunities. These opportunities could include:



## Contact us:

If you would like to find out more about MacIntyre No Limits, please get in touch:

E: [hello@macintyrecharity.org](mailto:hello@macintyrecharity.org)

T: 01908 230100

 [hello@macintyrecharity.org](mailto:hello@macintyrecharity.org)

 [facebook.com/MacIntyreCharity1](https://facebook.com/MacIntyreCharity1)

 [providingsupport](https://www.youtube.com/providingsupport)

 [macintyre](https://www.linkedin.com/company/macintyre)

 [@meetmacintyre](https://twitter.com/@meetmacintyre)

 [@meetmacintyre](https://www.instagram.com/@meetmacintyre)

# Where you can find us

**Lifelong Learning  
1 Fletchers Mews  
Neath Hill  
Milton Keynes**



**Lifelong Learning  
54 Wastel  
Beanhill  
Milton Keynes**

**Lifelong Learning  
54 Haddon  
Great Holm  
Milton Keynes**



hello@macintyrecharity.org



facebook.com/MacIntyreCharity1



providingsupport



macintyre



@meetmacintyre



@meetmacintyre

**Seebeck House  
1 Seebeck Place  
Knowlhill  
Milton Keynes  
MK5 8FR**

**Tel: 01908 230100  
www.macintyrecharity.org  
Registered Charity No. 250840**



**MacIntyre**

Providing support...your way