

About People Matters

People Matters is a member led charity. We provide friendly support & activities for those who think that this could make all the difference. Members can live their lives as they choose, as independently as possible. We have experience and the expertise to support our members, new and old, to take the next steps towards their aspirations.

Other Services

- **Adult Education** – a choice with a changing programme three times per year.
- **My Teens and Twenties Matter** – social groups and skills development for 14 – 25 year olds.
- **A facilitated adult social group** – for those over 18 who would like to attend social activities with friends but need some support to do so.
- **Teens Club** - a young people's social group for those aged 11 – 18 years old. This is part of the Leeds Local offer.



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Registered Charity Number: 1170724
CQC Number: 1-3106414406



People Matters

1 to 1 Outreach support



Supporting people to live their lives and reach their goals!



About the support we offer

Your support can be out and about and/or at home for 3 or more hours each week. We are CQC registered which means this can include personal care.

We make sure all our support staff:

- Are DBS checked, trained and experienced.
- Are carefully matched and introduced to everyone they support.
- Take part in regular reviews so support works for members.
- Have different backgrounds and varying interests so they can provide the support that members need.



One of our members enjoying a day out at Scarborough Sealife in 2016.

Popular activities our members use support for

These are some of the activities our members are regularly supported with. We always seek to build skills that promote being independent. Don't see what you need? Just ask!

- Leisure and sporting activities. Popular ones include swimming, using gym equipment to keep fit or attending our football club.
- Building independent travel skills by using public transport.
- Help managing your tenancy or payment of bills. We've even supported someone to move house!
- Plan, shop and make meals.
- Seeking and applying for work and/or benefits. In work support.
- Finding and making friends.
- Deal with a big change or event in your life from leaving education, attending hospital to bereavement.

Who's eligible?

We support people who have learning disabilities, physical disabilities, are on the autistic spectrum, have behavioural issues or mental health issues. Some people have complex needs and need support for multiple aspects of their care.

All the people we support are adults or young people from the age of 11 onwards.

Paying for your support

If you have been assessed for 1 to 1 support, then it is likely Adult Social Services or Children's Services will pay. However they may request a contribution depending upon your circumstances.

We can work with (Education), Health and Care Plans for young people and adults. Some people already pay for their support via direct payments using a personal budget. Others may pay privately.

Do you want to know how to apply for a personal budget to use direct payments from the local authority? Please contact us or you can view information on our website.

Tel: 0113 2346896

Website: www.peoplemattersleeds.co.uk



One of our members winning a trophy with our football team 2017.