

TOGETHER MATTERS

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September 2023

September can be a time of change and uncertainty for many people with disabilities- starting a new course, looking for work or joining new groups. Why not have a look at our resources to help with making choices and planning for new opportunities?

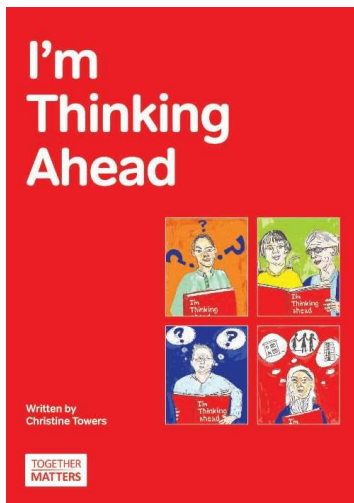


We're excited to share our latest guide, *Shaping My Future: A planning guide for people with physical disabilities in Essex*

Written alongside people with lived experience, *Shaping My Future* is full of ideas and planning tools for people to get the life they want.

It's great how different parts of the guide will be relevant to you at various times in your life- and you can use the menu to navigate it very easily." Jade Hamnett (contributor to *Shaping My Future*)

Whilst its main audience is physically disabled people, there is a lot of content relevant to a much wider audience, including people with learning disabilities and/or autism. It explains legislation, so people know their rights. It also shares planning tools and lots of practical information. They all come together in one place to give optimism and motivation to plan for changes.



Making choices

Starting new things, or returning after a summer break, is sometimes an anxious time and can mean having lots of choices to make.

Our easy read resources help people with learning disabilities and/or autism to talk and reflect, with their families and supporters, on what might help them feel more confident.

A good place to start might be [I'm Thinking Ahead: How to make choices](#) as the templates help people understand:

- what helps them to choose between different options
- who is good at helping them and identifying the qualities they have
- how to share this information with others to receive good support with decision making.

[I'm Thinking Ahead: How to be part of the world of work](#) gives structure to learning about the world of work, thinking about options and taking steps to gain experience.

You can make sure your ideas and progress don't get lost by using the fillable text boxes available in both guides.

Workshops and training

Do you work in a team where our planning tools and guides would help with delivering your work? This might be social work/care management, health, education, preparing for adulthood or carers support teams? We offer a variety of workshops and training that can be tailored to the needs of your service. Participants gain skills and ideas to have better conversations with people with disabilities and their families about future plans.



Have a look at [information about our work for Young People](#) and [Adult Life](#) on the Together Matters website to learn more about our training and development support.

Email us if you are not on our mailing list and would like to be added.

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www.togethermatters.org.uk



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