

**Bespoke daytime
opportunities for
young adults with
additional needs**



**Skills
4 LIFE**

-  **Choice**
-  **Independence**
-  **Learning**
-  **Fun**



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Brighter Opportunities for Special People

The BOSP Office, Wat Tyler Country Park, Pitsea Hall Lane, Pitsea, Basildon, Essex SS16 4UH

Telephone: 01268 553117 Email: enquiries@bosp.co.uk Website: www.bosp.co.uk

Registered Charity No. 1107392. Registered in England & Wales. Company No. 5284004.



Welcome to BOSP

**BOSP Brighter Opportunities
For Special People is an
independent Essex based
charity (Charity no. 1107392)
who has been supporting
families in Essex and the
London Borough of Havering
since 1991**

BOSP's Vision

BOSP's vision is for children and young adults with complex disabilities or life-limiting conditions, and their families to live the best life possible.

BOSP improves the lives of children and young adults with complex disabilities or life-limiting conditions, and their families, by providing high-quality, fun, educational activities, support and respite care.

BOSP promotes and values diversity and equality. We encourage positive regard for and understanding of difference and ability, whether gender, family structure, class, background, religion or ethnicity. BOSP supports all children and young adults to take part fully in all activities, where possible.





**Meal Planning,
Shopping,
Preparing
& Serving**

**IT Skills,
Enterprise
Opportunities**

Travel Training

**Every day includes
an activity that
takes place out in
the local community**

**Sports including
Trampolining,
Cycling,
Swimming**

BOSP's Skills 4 Life service consists of bespoke, age appropriate person centred group activities that take place during the week for young adults aged 18 to 25, who have additional needs. Our small groups and high level of experienced support ensures the young people grow in skills, confidence and independence.

A variety of fun, exciting and practical activities are on offer each week, for example:

Personal and homecare - Quizzes, games, films and music

Theme parks, zoos, farms and city visits - Gardening and basic DIY

Drama and dance - Woodland/forestry skills - Theatre trips

Learn how to make a GP/Dentist appointment

Residential holiday opportunity - First aid

Visits to Essex Air Ambulance, police and RNLI - Volunteering



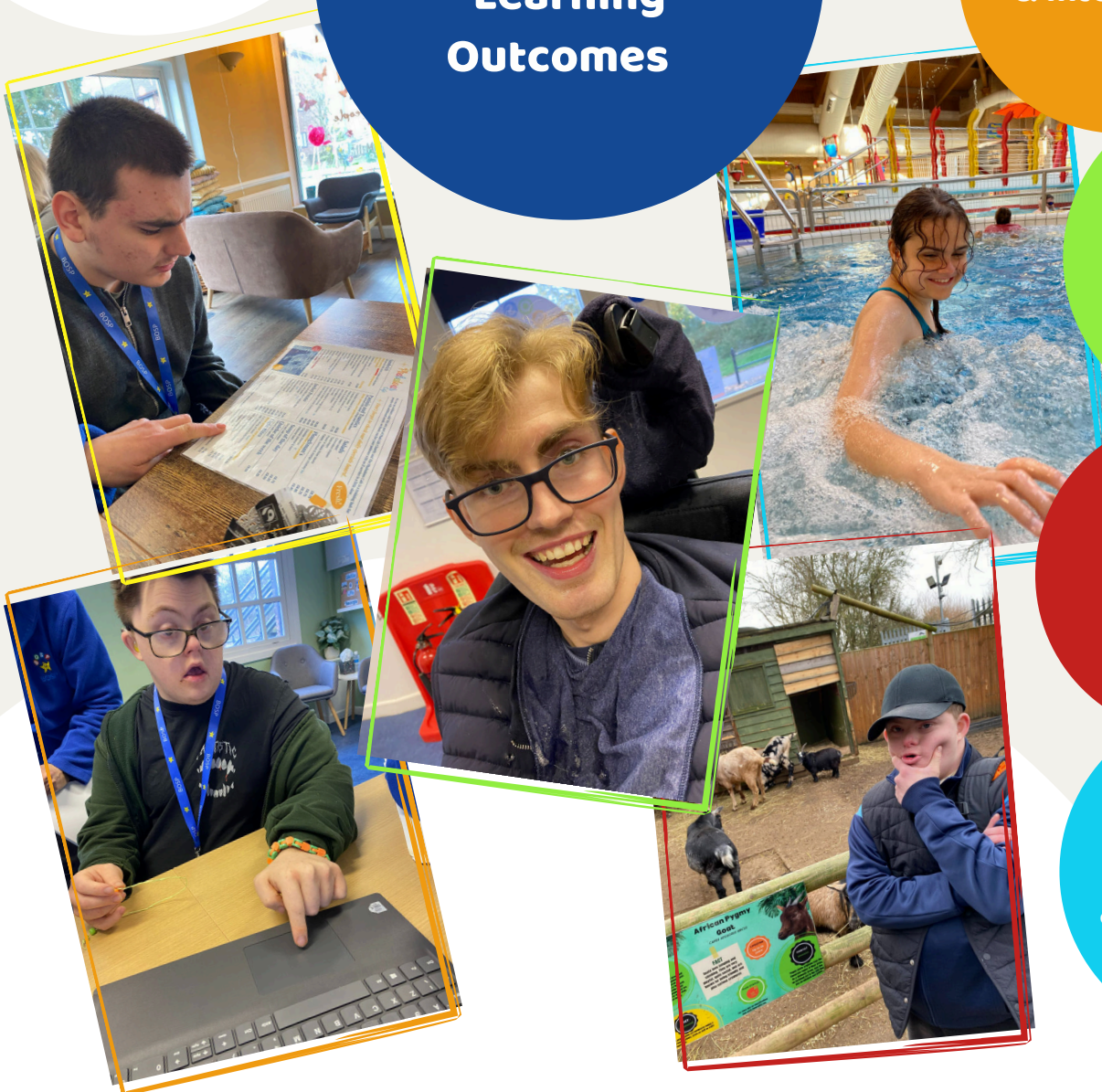
Areas of Development & Learning Outcomes

**Communication
& Interaction**

**Interests,
Routines &
Processing**

**Sensory
Processing**

**Social
Understanding
& Relationships**



BOSP's Skills 4 Life weekly timetable is meticulously planned to include various activities within our centre and out and about in the local community. Each activity incorporates areas of development with learning outcomes, which allows each young person to develop the skills identified in their personal support plan.

For example, having lunch together involves many different skills, including decision making, creating a shopping list, going to the shops to buy the ingredients and then preparing the lunch together. Just this one activity develops the young people's independence, communication, confidence (kitchen skills), physical skills, writing, sensory, numerical skills, money handling and aims to promote healthy eating.

Skills 4 LIFE



**Emotional
Understanding
& Self-
Awareness**

**Independence
& Community
Preparation**

**Healthy Living
& Well-being**

**Money
Handling &
Budgeting**

**Learning
Engagement**

BOSP's Skills 4 Life builds and develops each of these learning outcomes throughout all activities. The young people's developments and achievements are recorded in their individual scrapbooks and their outcomes logged onto our bespoke database. This allows us to track the young people's development, skills and achievements. At the end of each term, families will receive an End of Term report celebrating the young person's achievements during this period.

BOSP uses The BOSP Skills for Life building and local venues for its Skills 4 Life services. We make full use of the BOSP 15 seater minibus so we are able to provide a wide variety of activities out in the community, in many different locations.

Skills 4 Life Enterprise



Each term, the Skills 4 Life young people come up with ideas to help raise funds for extra special days out for the group including Chessington, Shrek's Adventure in London and Diggerland. Enterprise events have included coffee mornings, tombolas, Vinted sales, dog treat stall in the park, and Christmas card and gift bag sales. The young people develop their confidence and communication skills by greeting the guests, taking orders, talking to people in a larger group setting and money handling.



Skills 4 Life Feedback

**"Having a day care
facility that you can
completely trust is
everything to every
parent"**



"My son loves coming to skills4life, he enjoys mixing with his peers and the variety of activities. He would not be able to access these activities without your support workers. He is always happy to go and comes home with a big smile on his face."

"My son's excitement to attend skills for life is wonderful, once the BOSP picture goes up on his photo schedule he is simply overjoyed. Wonderful to see and hear such excitement! As a parent knowing how wonderfully he is looked after and how much he enjoys such great days out is absolutely amazing. To send our son for a day out with such enthusiasm and have him return with exactly the same says it all. Having a day care facility that you can completely trust is everything to every parent. For the most precious love pot in your life to be guided by such a superb team I thoroughly recommend it whole heartedly!...Thankyou BOSP!"

"My daughter loves skills for life because she can be herself in an environment where she is cared for by trained staff and not judged."



Meet the Skills 4 Life Team



Jodie - CEO



Sarah - Services Manager



Maria - Family Advocate



Emily - Activity Co-ordinator



Emily - Skills 4 Life Supervisor



Megan - Skills 4 Life Support Worker



Tracey - Skills 4 Life Support Worker

The BOSP Skills 4 Life staff are a highly skilled and dedicated team who provide specialist support for the young people, including personal care and medication support. The Skills 4 Life team also work for BOSP at our busy Saturday and Holiday Clubs, Let's Connect and evening Youth Club and bring that training, knowledge and experience of working with children and young people with additional needs to this group. The Skills 4 Life team are passionate in providing a positive, varied, safe and enjoyable experience for the young people.



The Skills for Life Centre



The BOSP Skills for Life Centre is situated within the wonderful natural environment of Wat Tyler Country Park in Pitsea. Our centre provides a warm and welcoming environment including height adjustable desks, interactive whiteboard, sensory room, chill out zone, games table, board games, musical instruments, arts and crafts area, kitchen, toilets and adjacent Changing Places.



How to find us and get in touch



We are here!

The BOSP Skills for Life building, situated in Wat Tyler Country Park, near to the main Visitors Centre, is within easy access of the A13 and A127 and has local bus and train links. The park provides ample space for easy drop offs, collections and parking.

The BOSP Office is situated within the Green Centre in Wat Tyler Country Park, Pitsea Hall Lane, Pitsea, Basildon, Essex, SS16 4UH.

The BOSP Office is open Monday to Friday from 9:00am to 5:00pm and can be contacted by telephone on 01268 553117 or by email at enquiries@bosp.co.uk

For all enquiries regarding Skills 4 Life or other BOSP services please contact the main BOSP Office telephone number on 01268 553117.



Our small groups
and high level of
experienced support
ensures the young
people grow in
confidence and
independence

GET IN TOUCH



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