

Adult Services Session Timetable - Autumn 2025

Building Independence	Monday	AM	Articulate	Beighton	Trip Advisors	B-Street Food			
		PM							
Promoting Independence		AM	Art Skills	Making Waves	Walkabout				
		PM		Build It 2.0	Get A Move On	Girl Talk			
Focussed Support		AM	Rebound	Material Mastery					
		PM	Wheel Of More Tunes	Make It, Take It					
Individual Support		AM	1:1 & 2:1 support available on request						
		PM							
Building Independence	Tuesday	AM	Allotment	Hear My Song	Day At The Museum				
		PM							
Promoting Independence		AM	Film Crew	Makers Mark	Groove & Move	Lunch Bunch			
		PM			Branch Out	Talent Show			
Focussed Support		AM	Nailed It	Eureka!					
		PM	For Goodness Bake	Sense Of Peace	A Day In				
Individual Support		AM	1:1 & 2:1 support available on request						
		PM							
Building Independence	Wednesday	AM	Beighton	Discovery Channels	Review 4 U				
		PM		Recipe For Success	Pudding Club				
Promoting Independence		AM	Learning Together	Making Tracks					
		PM	My Kind Of Thing	Relax Your Socks Off	Dance Your Socks Off	Time 4 Tea			
Focussed Support		AM	Burton Bingo	Campfire Stories	Rebound	Stir It Up			
		PM	Fill Up My Senses	Strut Your Stuff					
Individual Support		AM	1:1 & 2:1 support available on request						
		PM							
Building Independence	Thursday	AM	Drama Llama	Radio Burton Street	Soundscape				
		PM			Culture Club				
Promoting Independence		AM	Outside In	Bake It	Snail Blazers	Mindfulness	Still Life		
		PM	Let's Bake	Story Makers	Swimming	Game On			
Focussed Support		AM	Orienteering	Art Beat	Puzzlers				
		PM	Tell Us A Story	Spotlight Squad					
Individual Support		AM	1:1 & 2:1 support available on request						
		PM							
Building Independence	Friday	AM	My Day My Way	Force Of Nature	Doc Sesh				
		PM			Writers Utd	SWFC			
Promoting Independence		AM	Art From The Heart	Once Upon A Fairytale	Get Fit	Mellow Moments			
		PM			Feel The Rhythm				
Focussed Support		AM	Wheel Of Even More Tunes	Sensory Baking					
		PM	Disney & Me	Curtain Call					
Individual Support		AM	1:1 & 2:1 support available on request						
		PM							

For more information on our Sessions, please visit the website — www.burtonstreet.org.uk/sessions

Building Independence

This department aims primarily to help our clients with higher capacity to broaden their horizons and more fully integrate with their communities both within and outside of Sheffield. We aim to do this by identifying exciting, creative sessions, projects and events based not only at Burton Street but at a number of different locations in Sheffield. By focusing on people's strengths as well as empowering clients to take on new challenges, together we will help them to overcome some of the traditional barriers that face adults with learning difficulties everywhere. Most importantly of all, we aim to help people take control of their lives and so become happier and more fulfilled individuals. We achieve this by:

- Embedding client independence as a core value in our sessions, projects and events.
- Increasing the client's involvement in all aspects of Burton Street including, interviews, visitor tours, shadow board, funding bids and session development
- We often develop new sessions that have a strong focus on building independence. eg. self-advocacy
- We keep an eye out for partner organisations that hold similar values to Burton Street
- Encouraging all clients and staff at Burton Street to always be on the lookout for opportunities for creative collaboration.

Promoting Independence

Promoting Independence aims to provide fun and meaningful client-led group activities that promote choice and build relationships, leading to more independent lives.

During sessions and events, we will continue to develop a wide range of high quality, original activities, from health and wellbeing sessions, creative arts sessions through to more educational and social sessions. Additionally, we have developed a range of evening sessions and events that provide an alternative experience to daytime sessions and further opportunity for shared experiences between adults with learning disabilities and the community. This service aims to strengthen what we/ you are already doing, through conversation, session reviews and finding our passions.

These sessions look out towards the community, we aim to develop more session activity that breaks down barriers and broadens our clients experience of the world through collaborating in our area, at Burton Street and with the wider world. We endeavour to continue to work in partnership with other organisations to identify exciting opportunities for the people we work with.

A major focus of this department is to provide opportunity to develop self-advocacy skills. Due to this factor the service is client-led, therefore empowering clients to be as independent as possible, to plan sessions and events themselves, to feed back their views on services and ultimately to give them more autonomy and control over their own lives.

Focussed Support

Focussed support aims to provide meaningful group activities for people with complex communication and support needs. We provide a range of activities for our clients, these include;

Arts and crafts, Music Sports, Dance, Yoga, Sensory, Water play, Rebound therapy.

Our aim is to improve self-confidence and encourage self-expression, and also to build on our relationships and improve how we communicate with one another. Our dedicated and creative staff team design and tailor session activities to encourage these aspects of self-development in our clients and to ensure our sessions are client-centred and inclusive. Focussed support means clients have more proximity to staff members compared with our other independence groups however, clients may not need as much 1 to 1 support as required in individual support. The wonderful thing about this department is how much development you can see in the clients as they come to Burton Street.

Individual Support

The Individual Support department provides specialist person centred support to meet the needs of and to promote the wellbeing of individuals with a higher level of need. This assesses and reviews a person's needs based on their strengths and attributes and work in partnership to provide consistent care and to help obtain any additional support for the individual to improve their lives.

Clients who access this service will have very specific care needs, requiring carefully planned 1:1 support. Therefore; our client's care plans will become the primary source of that person's agreed care. The care plan will be written using information from other significant professionals involved in the client's life and will contain agreed support techniques, ways of working and behaviour management, this service will allow those plans to be enabled. Clients who access Individual Support, may be withdrawn from their community and struggle to cope in a group setting, having this service provision gives the client time to focus on their wellbeing, and ideally develop their autonomy.

Adult Pathways

Adult pathways is a new service for the Burton Street Foundation. It focuses on the transition journey of clients from children's through to adults services ensuring a smoother path to increased independence and provision.

'Pathway to Independence' was a service operating in Sheffield until recently. This provided a provision for those post 16 but not yet adults and unfortunately this now is no longer available. We are aiming to fill this gap; the programme is especially designed to promote the movement from post school into adulthood. Additionally clients will be able to interact with others their own age whilst developing in smaller group sizes to assist in the learning process.

The adult pathways service is focused on promoting emotional well-being, independence, and preparation for adulthood, tailored specifically to the needs of our young adults. We work closely with the Children and Young People's Service and Adults services to support the transition. The department runs Tuesdays, Wednesdays and Thursdays in term time. The days are structured with different themes and activities. This service is based in an exclusive area in our Bamforth Building at the Burton Street Foundation.