

Adult Services Session Timetable - Winter 2026

Building Independence	Monday	AM	Articulate	Beighton	Trip Advisors	B-Street Food	Making Waves		
		PM							
Promoting Independence		AM	Art Skills	Walkabout					
		PM		Brick By Brick	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	1:1 & 2:1 support available on request						
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	1:1 & 2:1 support available on request						
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	1:1 & 2:1 support available on request						
Building Independence	Thursday	AM	Drama Llama	Radio Burton Street	Outside In				
		PM			Culture Club				
Promoting Independence		AM	Walk This Way	Bake It	Snail Blazers	Mindfulness	Still Life		
		PM	Let's Bake	Story Makers	Swimming	Game On			
Focussed Support		AM	Trailblazers	Art Beat	Soothing Rhythms				
		PM	Spotlight Squad						
Individual Support		AM	1:1 & 2:1 support available on request						
		PM	1:1 & 2:1 support available on request						
Building Independence	Friday	AM	My Day My Way	Force Of Nature	Doc Sesh	Get Fit			
		PM			Writers Utd	SWFC			
Promoting Independence		AM	Art From The Heart	Once Upon A Fairytale	Mellow Moments				
		PM			Feel The Rhythm				
Focussed Support		AM	Wheel Of Even More Tunes	Heaven's Kitchen					
		PM	Disney & Me	Curtain Call					
Individual Support		AM	1:1 & 2:1 support available on request						
		PM	1:1 & 2:1 support available on request						

Building Independence

This department primarily aims to help our clients with higher capacity to broaden their horizons and integrate more fully 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 also at a number of different locations across the city. By focusing on people's strengths, as well as empowering clients to take on new challenges, we will together help them overcome some of the traditional barriers faced by adults with learning disabilities. Most importantly, we aim to help people take control of their lives and become happier and more fulfilled individuals. We achieve this by:

- Embedding client independence as a core value in our sessions, projects, and events.
- Increasing clients' involvement in all aspects of Burton Street, including interviews, visitor tours, the shadow board, funding bids, and session development.
- We often develop new sessions that have a strong focus on building independence, e.g. 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 and 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 opportunities for shared experiences between adults with learning disabilities and the wider community. This service aims to strengthen what we are already doing through conversation, session reviews, and identifying our passions.

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

A major focus of this department is to provide opportunities to develop self-advocacy skills. Because of this, the service is client-led, empowering clients to be as independent as possible: to plan sessions and events themselves, to provide feedback on services, and ultimately to have more autonomy and control over their own lives.

Focussed Support

Focussed Support provides meaningful group activities for people with complex communication and support needs. Our clients can take part in a wide range of activities, including arts and crafts, music, sports, dance, yoga, sensory sessions, water play, and rebound therapy.

The aim of our sessions is to build self-confidence, encourage self-expression, strengthen relationships and improve communication skills. Our dedicated and creative staff design and tailor activities to support these areas of personal development, ensuring that every session is client-centred and inclusive.

Focussed Support allows clients to spend more time close to staff compared with our other independence groups, while still offering the opportunity to develop independence where full 1-to-1 support is not required. One of the most rewarding aspects of this department is seeing the growth and progress of our clients as they participate in activities at Burton Street.

Individual Support

The Individual Support department provides specialist, person-centred care to meet the needs and promote the wellbeing of individuals with higher levels of need. This service assesses and reviews each person's requirements based on their strengths and attributes, and works in partnership with them to provide consistent care, as well as to access any additional support that may improve their lives.

Clients who access this service have very specific care needs, requiring carefully planned 1:1 support. For this reason, a client's care plan becomes the primary guide for their agreed support. Each care plan is developed using information from significant professionals involved in the client's life and includes agreed support techniques, ways of working, and behaviour management strategies. Individual Support ensures these plans are implemented effectively.

Some clients may be withdrawn from their community or find it difficult to engage in a group setting. This service provides them with dedicated time to focus on their wellbeing, build skills, and ideally develop greater autonomy.

Adult Pathways

Adult Pathways is the newest service at Burton Street Foundation, focused on supporting clients as they transition from Children's Services to Adult Services, ensuring a smoother journey towards increased independence and tailored support.

Previously, Sheffield offered a service called 'Pathway to Independence' for individuals post-16 but not yet adults. This provision is no longer available, and Adult Pathways aims to fill that gap. The programme is specifically designed to support the move from post-school life into adulthood, providing opportunities for clients to interact with peers while developing skills in smaller group settings to enhance the learning experience.

The service focuses on promoting emotional wellbeing, independence, and preparation for adulthood, tailored to the needs of young adults. We work closely with the Children and Young People's Service and adult services to ensure a coordinated and supportive transition. Adult Pathways runs on Tuesdays, Wednesdays and Thursdays during term time, with each day structured around different themes and activities. The service is based in a dedicated area of the Bamforth Building at the Burton Street Foundation.