



Im2C
include me 2 club

Hub Club Guide

a guide to our daytime activity programme
at Include Me 2 Club SCIO



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“We Engage, Inspire and Empower our members and communities to access affordable, accessible, achievable and sustainable activities, programmes and services, that are member-led, person-centred, asset-based and community-focused”

What is Hub Club?

The Hub Club is a daytime programme of activities, workshops and events, designed for adults aged 16yrs+ with an additional support need or disability to achieve their own personal goals and outcomes.

The Hub Club was established to provide a level of choice, flexibility and variety utilising accredited and informal learning opportunities where it hasn't before. Reacting to provide a new type of service that provides an enjoyable, fun, social environment for our members to enjoy their days with others.



Built upon the following four approaches, the Hub Clubs programme will:

doing things that have a purpose and are meaningful for them

doing things in ordinary places, that most members of the community would be doing

doing things that are uniquely right for them, with support that meets their individual and specific requirements

meeting local people, developing friendships and connections and building a sense of belonging

The Hub Club provides a programme of choice, being able to attend one session in the morning or afternoon, to attending all day, up to five days a week, the choice is yours to wrap around your lifestyle, college placements, support plans or ideally times when you haven't got anything else on and want to do something fun, creative and an opportunity to meet other people.

The Hub Club is not a Care Inspectorate registered service as Include Me 2 Club does not provide any type of care services directly, we provide a community-based, community development approach to social care, working in a person-centred and asset-based approach to empower our members to achieve their hopes and aspirations for their lives and personal outcomes.

Include Me 2 Club work in partnership with The Michael Tracey Project, a registered care provider, to deliver a range of care packages to members who require a care package either one to one or as part of a small group to help maximise the service and spread the costs of care required by our members.

We provide both informal, fun and engaging learning experiences or we can offer our members the chance to gain accredited, formal qualifications that are SQA Awarded and SCQF Levelled to accredit their learning and experiences.

Our Approaches

Our approaches are underpinned by national care standards, early years, play strategy, youth work strategy and by taking a community development approach to social care



Include Me 2 Club takes a person-centred approach to its activities, programmes and services, focusing on the individual's personal needs, wants, desires and goals so that they become central to their life and support process. This means putting the person's needs, as they define them, above those identified as priorities by healthcare professionals.



Include Me 2 Club is community-focused which is key to our success, being rooted in the community where our members live is vital to establishing community cohesion, support and inclusiveness. We are not always place focused but creating communities of like-minded people creating and taking part in



Include Me 2 Club is a members-led organisation, ensuring our members are valued and respected, that they have equality and equity, that they have a role in the direction and decision making processes of the organisation from our board of trustees making decisions on direction and strategy, to our members making



Include Me 2 Club takes an asset-based approach that is an integral part of community development, facilitating people and communities to come together to achieve positive change using their own knowledge, skills and lived experience of the issues they encounter in their own lives.



Hub Club Background

The Hub Club is designed to provide a range of programmes and activities where members will be supported to experience and learn a variety of independent living skills. The Hub Club works in tandem with the themes of the “Keys to Life” Learning Disability Strategy and covers aspects including health, wellbeing, travel, literacy and community inclusion.



Programmes and activities are designed that create a sense of belonging, encouraging our members them to take part, learning but having fun at the same time. Members who attend benefit from:

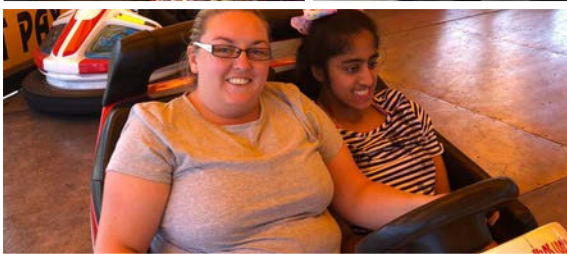
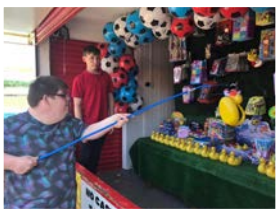
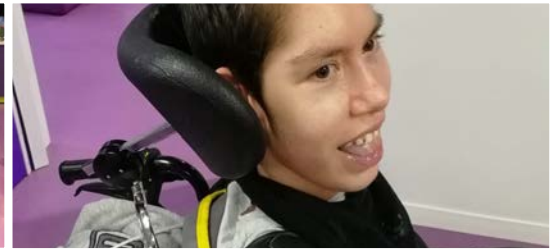
- Making friends and exchanging stories
- Learning transferable work skills
- Experience of working in a team
- Learning how to have a say in decisions that affect them
- Increased confidence in communicating
- A chance to take part in fun and creative activities
- Becoming more active members in their local communities
- Opportunities to gain accreditation for their efforts and activities

Our members are at the centre of everything that we do. Everyone at Hub Club has their own support and development plan. The plan allows a member to set individual goals and lets us know how best we can support the individual to achieve these outcomes. Our sessions are delivered in a small group setting, with each individual goals considered on how they can work towards their outcomes within the activity.

Working in partnership

Include Me 2 Club work in partnership with The Michael Tracey Project, a registered care provider, to deliver a range of care packages to members who require a personal care or support either on a one to one basis or as part of a small group to help maximise the service and spread the costs of care required by our members.

Hub Club will work with a range of local partners, organisations and providers within the community to enable our members to make local connections, networks and wider opportunities. Working with a range of organisations including East Renfrewshire Council, East Renfrewshire Culture & Leisure Trust, The Water Works, Voluntary Action East Renfrewshire and Neilston Development Trust amongst others.



Attending the Hub Club

You can attend the Hub Club if you are aged 16yrs and above, that you have an additional support need or disability either learning, physical or mental health.

With flexible options to attend in mornings, afternoons or all day, one to five days a week. You choose your sessions to wrap around your lifestyle, support plans, gaps in your social calendar or even around your college place, or jobs, voluntary or work placements.

You can attend yourself, independently if you don't require any type of personal care or individual support, this would be the **Direct Option**.

You can attend with a support worker or carer, if you already have an existing support plan or package with an organisation or company, this would be **Own Support Option**.

If you need support or personal care, but don't have a support worker or carer in place, you can access either a shared package of support to maximise your budget or you can access one to one support via our care provider partner The Michael Tracey Project. This would be **Supported Option**.



Supported Option



The Michael Tracey Project is a registered care provider, an approved care provider and care inspectorate registered. Should you require care we will organise a consultation to assess and discuss your care needs to attend the Hub Club.

The Michael Tracey Project offers a unique and flexible care service designed specifically to cater for the needs of adults with additional support needs and their families both in the community and at home. A registered care provider with the Care Inspectorate SC2016351506, The Michael Tracey Project was established in 2016 in response to the needs of young people transitioning from education to adult services, to providing both one to one and group support both at home or on short break respite holidays. You can even link together with the **Caravan Club** - Our Social Enterprise Caravan at Haven Craig Tara in Ayr for a short break over 3, 4 or 7 nights, benefiting from a members discount.

Hub Club Programme

The Hub Club has developed and will deliver a programme that meets the changing needs and demands of our members, built in consultation and developed in a co-production approach to maximise the impact, outcomes and benefits to our members.

The Hub Club programme will provide choice, flexibility and opportunity, not seen offered anywhere else, delivering a truly dynamic and unique approach to a changing sector and needs of our members. This is an example weekday programme for the Hub Club:



Day	Morning Group Choices		Afternoon Group Choices	
MONDAYS	Jewellery Making	Dance & Drama	Dance & Drama	Jewellery Making
TUESDAYS	Health & Wellbeing*	Arts & Crafts Group	Arts & Crafts Group	Health & Wellbeing*
WEDNESDAYS	Cooking Group	Music Group	Music Group	Cooking Group
THURSDAYS	Outdoors Group	Baking Group	Baking Group	Outdoors Group
FRIDAYS	Gardening Group	Creative Group	Creative Group	Gardening Group

CREATIVE GROUP

Week 1	Photography	Week 7	Film Making
Week 2	Animations (Lego)	Week 8	Comic Book Design
Week 3	Photography	Week 9	Film Making
Week 4	Animations (Lego)	Week 10	Coding and Design
Week 5	Photography	Week 11	Film Making
Week 6	Comic Book Design	Week 12	Coding and Design



HEALTH & WELLBEING GROUP

Week 1	Walking	Week 7	Gym
Week 2	Swimming	Week 8	Sports
Week 3	Gym	Week 9	Walking
Week 4	Sports	Week 10	Swimming
Week 5	Walking	Week 11	Gym
Week 6	Swimming	Week 12	Sports



A Day in the Life of Hub Club



When does it operate

The Hub Club runs from 9.30am - 4.30pm, Monday to Friday, 50 weeks of the year, excluding Two Weeks over Christmas and New Year period, which will be advised annually in advance.

What time does it operate

The Hub Club Morning sessions from 9.30am to 12.30pm and Afternoon sessions from 1.30pm to 4.30pm. A Lunch Club runs from 12.30pm to 1.30pm for anyone staying the full day or attending before or after their session, this has an additional charge.

Session Information

We design our programme around 50 weeks of the year, split into 4 x 12 week programmes and 2 fun weeks at Christmas and New Year, these programmes operate seasonal input and themes. The main programme operates for 12 weeks after which a review and evaluation takes place at the end of each 6 month block to ensure we are delivering the activities to suits the needs of our members and that they help shape the future programmes and activities in the blocks ahead.

Cost of Services

	Un-Supported	Supported (1:3)*	Supported (1:1)*
Morning Session Only	£15.00	£30.00	£48.00
Afternoon Session Only	£15.00	£30.00	£48.00
All Day Session	£30.00	£60.00	£96.00
Lunch Club	£3.00	£3.00	£3.00

*** All Support Services are provided by The Michael Tracey Project, who are a registered care provider with the Care Inspectorate SC2016351506**



Member-Led



Person-Centred



Asset-Based



Community-Focused

"The club has helped them both so much with making friends and improving their social interactions. The boys feel happy and in a safe space, This helps us have a better balance of family time and keeps it affordable."

Gillian
Parent of Member



"I feel so much more comfortable in new company. It's great meeting new people and getting to catch up with my friends at the same time. The club is great at being open to everyone."

Elaine, 30
Adult Member

"Coming to the club is the best decision I've ever made. I'm able to relax and feel much calmer. I still have things that frustrate me but I'm a lot better at expressing my feelings and thoughts now."

John, 38
Adult Member

"As a member there's a great variety of things to get involved in, being able to connect better with people who understand her condition and support available in developing myself, like supporting me to gain my SQA Dynamic Youth Award."

Taylor, 17
Adult Member



Hub Club Case Study

Fabio, 24

Fabio is a new member of the Hub Club, and an existing member of Include Me 2 Club activities and events. Fabio currently attends the Hub Club 3 full days a week, he attends the Day Centre 1 day per week and gets support the other day a week.

Fabio is a young energetic man, who has Downs Syndrome who has lived East Renfrewshire most of his life, he is a well connected member of the community in Barrhead and is thriving at his new daytime club.



Fabio said,

“I like all the staff at Hub Club, I love to take part in all of the activities, I like baking the most, making cakes and having them with a can of juice! As I don't really like tea! I love doing new things and meeting new friends, going on the trips, I really like exploring my local community and getting to know new people”



Pauline, Fabios mother said

“The Hub Club has allowed my son to use and widen his social skills within the local community, he is assisted by a great team of carers who provide his support package. I have found the Hub Clubs flexible approach ideal for his needs, pattern of support and budget. He comes home a lot happier, having a great day and activities”

Person-Centered Approach

The Hub Club provides a programme of weekly events, activities, programmes and trips that cater for the needs of its members interests, needs and abilities. We believe in a person-centered approach to ensure we are delivering the activities that our members both need and want from their service. We do this by consulting and reviewing our activities each week, asking for feedback and suggestions.

Example Packages

Our packages are flexible, giving choice and themed activities that allow you to choose when and where the programme suits your tastes and interests best

1:3 Package



Lesley, 19 attends the Hub Club two full days of the week, Mondays, Tuesdays and two half days on a Thursday and Friday. Her support wraps around her work placement and support patterns. Lesley takes part in six groups across the week and attends the lunch club each day she attends. Lesley's service agreement for his daytime package would cost the following:

2 x £60.00	(Day Rate)	= £120.00
2 x £30.00	(Half Day Rate)	= £60.00
4 x £3.00	(Lunch Club)	= £12.00
	(per week)	= £192.00
	(6 Months)	= £4992.00
	(12 Months)	= £9984.00

1:1 Package



David, 37 attends the Hub Club one full day of the week, one morning and two afternoons taking part in 5 groups across the week and attends the lunch club each day he attends

David's service agreement for his daytime support package would cost the following:

1 x £96.00	(Day Rate)	= £96.00
3 x £48.00	(Half Day Rate)	= £144.00
4 x £3.00	(Lunch Club)	= £12.00
	(per week)	= £252.00
	(6 Months)	= £6552.00
	(12 Months)	= £13,104.00

Direct package



Jamie, 28 attends the Hub Club three days of the week, Mondays, Tuesdays and Fridays to wrap around his guardians work patterns. Jamie takes part in two groups per day, 6 across the week and attends the lunch club each day he attends. Jamie's service agreement for his daytime package would cost the following:

3 x £30.00	(Day Rate)	= £90.00
3 x £3.00	(Lunch Club)	= £9.00
	(per week)	= £99.00
	(6 Months)	= £2574.00
	(12 Months)	= £5148.00

Direct Package



Amanda, 23 attends the Hub Club everyday of the week, taking part in two groups per day, 10 sessions across the week and attends the lunch club each day.

Amanda's service agreement for her daytime package would cost the following:

5 x £30.00	(Day Rate)	= £150.00
5 x £3.00	(Lunch Club)	= £15.00
	(per week)	= £165.00
	(6 Months)	= £3,960.00
	(12 Months)	= £7,920.00

How can we help?

Something missing? Are you looking for a project that doesn't exist yet? Chat to us about your needs and we will see what we can do to help.

Referral Form

Members Information	
Name	
Address	
Area	
City	
Post Code	
Telephone Number(s)	
Email Address	
Date of Birth	

Sessions / Days	Monday	Tuesday	Wednesday	Thursday	Friday
Morning (9.30-12.30)					
Lunch Club (12.30-1.30)					
Afternoon (1.30-4.30)					
Evenings (6.00-9.00)					

Type of Support	Unsupported	1:3 Support*	1:1 Support*

*All support services will be delivered by The Michael Tracey Project, a registered care provider, please indicate if you already have your own support in place or wish to uptake our support packages. We will organise a direct consultation with the Care Provider to discuss your needs and options.

Members Interests	
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Referral Form

<p>What type of Disability do you have?</p>	
<p>How can we support your needs to ensure you enjoy your time with us?</p>	
<p>Please tell us about yourself and what you like to do?</p> <p>What do you hope to achieve through attending Hub Club?</p> <p>Tell us any useful information here</p>	

<p>Initial period of Support required from Hub Club</p>	<p>6 Months</p>	<p>12 Months</p>

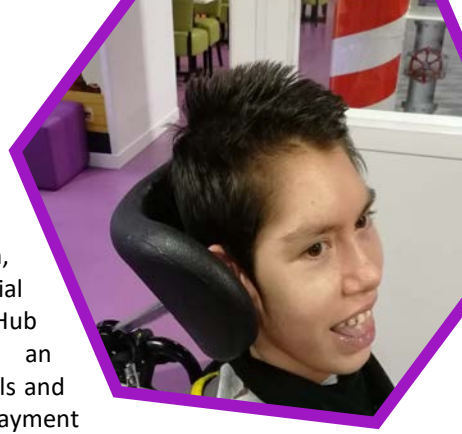
<p>Referrer's Information</p>	
<p>Name</p>	
<p>Address</p>	
<p>Position/Role</p>	
<p>Contact Number(s)</p>	
<p>Email Address</p>	

Please detach and return Referral Form to:

Include Me 2 Club, 24 McKelvie Cres, Barrhead, Glasgow, G78 1LY or email to includeme2club@hotmail.co.uk



Frequently Asked Questions



How do I access the Hub Club Programme

Referrals to the Hub Club Programme can happen in various ways, by Self-Referral, by Parent or Guardian, Advocates, Schools, Support Organisations, LAC's, Social Worker or Health Care Professionals. Access to the Hub Club will commence upon, the completion of an application form, meeting with the member to set goals and expectations, agreement of the support plan and payment method for services.

How do I pay for the services

Services will be charged on a Monthly Basis for the minimum period of 6 months or 12 months depending on the service agreement that is completed. Services will be charged by invoice, services cannot be provided or accessed without an agreement in place and a payment plan that includes a direct debit being set-up between the member and the organisation or a commitment for grant holder, social worker or budget holder. Fees can be self-funded or supported by Self Directed Support Budgets or a mixture of both.

How long do I enter an agreement for services

A service agreement between the member and Hub Club will be for a minimum of 6 months or 12 months depending on your circumstances. This will be reviewed on a regular basis and adjusted to suit the needs of the member at review points set out in the agreement.

Contact Us

Get in touch to discuss your support needs and how the Hub Club would work for you,
Call: 07525 208 738 or **Email:** Includeme2club@hotmail.co.uk



Accessible



Affordable



Achievable



Accountable

“I’ve learned that people will forget what you said,
People will forget what you did, But people will never
forget how you made the feel”

Maya Angelou



www.includeme2club.org.uk

Include Me 2 Club (SCIO)

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