



The FX Service

A day service for people with profound and multiple learning disabilities in Lancashire.







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Hello, Welcome to The FX Service

A day service for people with profound and multiple learning disabilities in Lancashire.

At Caritas Care we believe that everyone deserves chances, choices and opportunities to allow them to live the best lives they can.

The services we provide are dedicated to making a positive difference to the lives of all children, families and communities. We support people in building the lives that they want, and we believe that everyone has the right to be able to reach their goals and aspirations, no matter what their background may be.

We understand that looking for a day care provision for your family member can be a daunting and worrying time for you and your loved ones. There will be so many concerns and questions that you will have...

Will my child be happy?

Will they receive the standard of care they have been accustomed too?

Will they fit in?

Will they receive the attention they need both emotionally and physically?

Choosing the best fit for your loved one (and for you) is a big thing!

So let us try to put you at ease...

About The FX Service

Based in Preston, The FX Service offers a wide range of fun, stimulating activities for people with profound learning disabilities.

We believe that people should have opportunities to enjoy stimulating and fun activities, and that their health needs however complex, should not be a barrier to having new and exciting experiences!

Lying at the heart of everything we do are the people we support day in day out. Our approach is focused on being person-centred and we aim to enable everyone to have a vibrant and purposeful experience whilst at The FX.

Although not a formal education setting, we do recognise that each person is unique, has their own personality and their own way of learning. Every day we make it our mission to provide an environment that will maximise life skills and create opportunities and experiences to help each young person reach their full potential.

At The FX we have a strong team of support workers who are fully trained in the care of people with learning disabilities. Our team also have a range of skills to deal with additional medical care including epilepsy; gastrostomy; gastrojejunostomy, tracheostomy; oxygen therapy, oral suction, and cough assist machine usage.

Our General Staff Nurse, based at The FX, ensures all aspects of medical care are widely available all day, every day.

The FX is fully equipped with electric profile beds; electric tracking hoists to meet the personal care needs of all our young adults.

Liaising closely with external Health Professionals such as; occupational therapists; physiotherapists; dieticians; and social workers gives us access to a host of facilities, which allows us the flexibility to tailor all our support to meet individual needs.



We have a team of over 20 highly skilled and trained staff. We ensure that each team member is trained in all aspects of their work so that they can provide the right support with reassurance and confidence.

The FX Service has an experienced management team, which includes a Manager, Jo Dunkley and her two Assistants, Angela Hill and Michaela Clifford.



Joanne Dunkley, Centre Manager

Jo has been the Manager of The FX Service since February 2020, Previous to this Jo was part of the Supported Living Services Management team. Jo is responsible for the day to day running of the service and in ensuring that everyone who attends is given the best chances, experiences and opportunities to live the best lives they can.



Angela Hill, Assistant Manager

Angela joined the team in 2016 as a Support Worker and was promoted to Assistant Manager in 2018. Angela oversees the daily running of the service ensuring only the highest of standards. She sees to it that the people who attend are supported with dignity, care and integrity.



Michaela Clifford, Assistant Manager

Michaela has worked at The FX since 2017 as a Senior Support Worker and became Assistant Manager in 2021. Michaela supports the daily running of the service, delivering high standards of care and support to everyone who attends The FX Service. She works with the team to ensure that days are filled with stimulating and exciting activities and opportunities.

Our Nurse



Cath Gawne, General Nurse

Cath has over 30 years nursing experience and has been at The FX for over 10 years. She is invaluable in helping us ensure that all health needs are managed, as well as liaising with health care professionals regarding any specific health issues that may need to be addressed.



| A day at
The FX

Our activities vary from day to day and could be service based or within the community.

Morning Session

Meet and Greet

This is an important start to our day. It gives us the opportunity to have a chat and helps us to ensure we are supporting individuals built on their day to day needs .

It also allows us the opportunity to plan our day and have everything ready for the morning session, whether that is based within the service or out in the community. It is a time to have a morning drink and plan personal care and medication routines.

Morning

This may include activities such as;

- Roller Blading
- Chill Factor
- Switch Work
- Space Centre Horse Riding
- Shopping
- Petting Zoo
- Trampolining
- Baking
- Art Work
- Crazy Golf
- Music Session

Afternoon Session

Lunch

Lunch usually takes place between 12-1pm, depending on the morning activity we undertake that day. All personal care and medication routines are taken care of during the lunch period.

Afternoon

This may include activities such as;

- Sensory Room
- Local Walk
- Sensory Story
- Garden Centre
- Cinema
- Ice – Skating
- Bowling
- Seaside walks
- Penny Farm Horse Sanctuary
- Yoga
- Wheels for all

End to the day

We end our day with final medication routines and personal care. Staff fill in their daily notes and complete any necessary paperwork including communication books that are sent home.

We end the session with a thorough handover to families/carers about how the day has gone and the activities we have enjoyed throughout the day. We are also available to answer any questions you may have about the day.

The FX means meeting friends and having fun

(Albert)

I like coming to FX as all my friends are here and I have lots of fun and days out!

(Vicky)

Health and Wellbeing

The Health & Wellbeing of the people we support is important to us. We use a range of activities and sensory experiences to ensure emotional and physical needs are met. Such activities might include:

Trampolining

Holistic Therapies

Yoga

Trampolining

An opportunity to stretch, bounce and have fun! With fully adapted equipment, this session is inclusive and allows everyone to access and enjoy this. Afterwards, we enjoy a sensory experience in our sensory room on site.

Holistic Therapies

We provide stretch, chill and massage sessions in house, all delivered with background 'chill out' music. We use special oils (suitable for each individual) and have an oil diffuser in the room to stimulate the senses. This creates a Spa like and relaxing experience as well as supporting mental and physical wellbeing.

Yoga

Delivered by a qualified tutor, our yoga sessions are adaptable for all abilities, so nobody misses out! This is a great opportunity to focus on learning new stretching poses, breathing techniques, the feeling of different textures and smelling new aromas.

Wheels for All

Wheels for All

We take weekly trips to nearby Moor Park (weather dependant) where we ride around enjoying the scenery on specially adapted bikes. This activity is enjoyed by all and we love the smiles on faces as everyone delights in the freedom and the sensory feel of the fresh air and open space.

Sensory Room

Our onsite Sensory Room is fully equipped with a fish tube, bubble tube, numerous coloured lights, a music system and a ceiling projector. A highlight is our 'Busy Board', which is great for hand/eye coordination. Individuals can enjoy time out to relax and take on all the sensory experiences this room has to offer.

The SPACE Centre

The SPACE Centre in Preston is a sensory sensation! We are fortunate to be able to have regular visits to this venue, so there is an opportunity for each individual to experience this. The SPACE Centre offers a totally flexible environment that provides an all round sensory and relaxed experience in a safe environment.

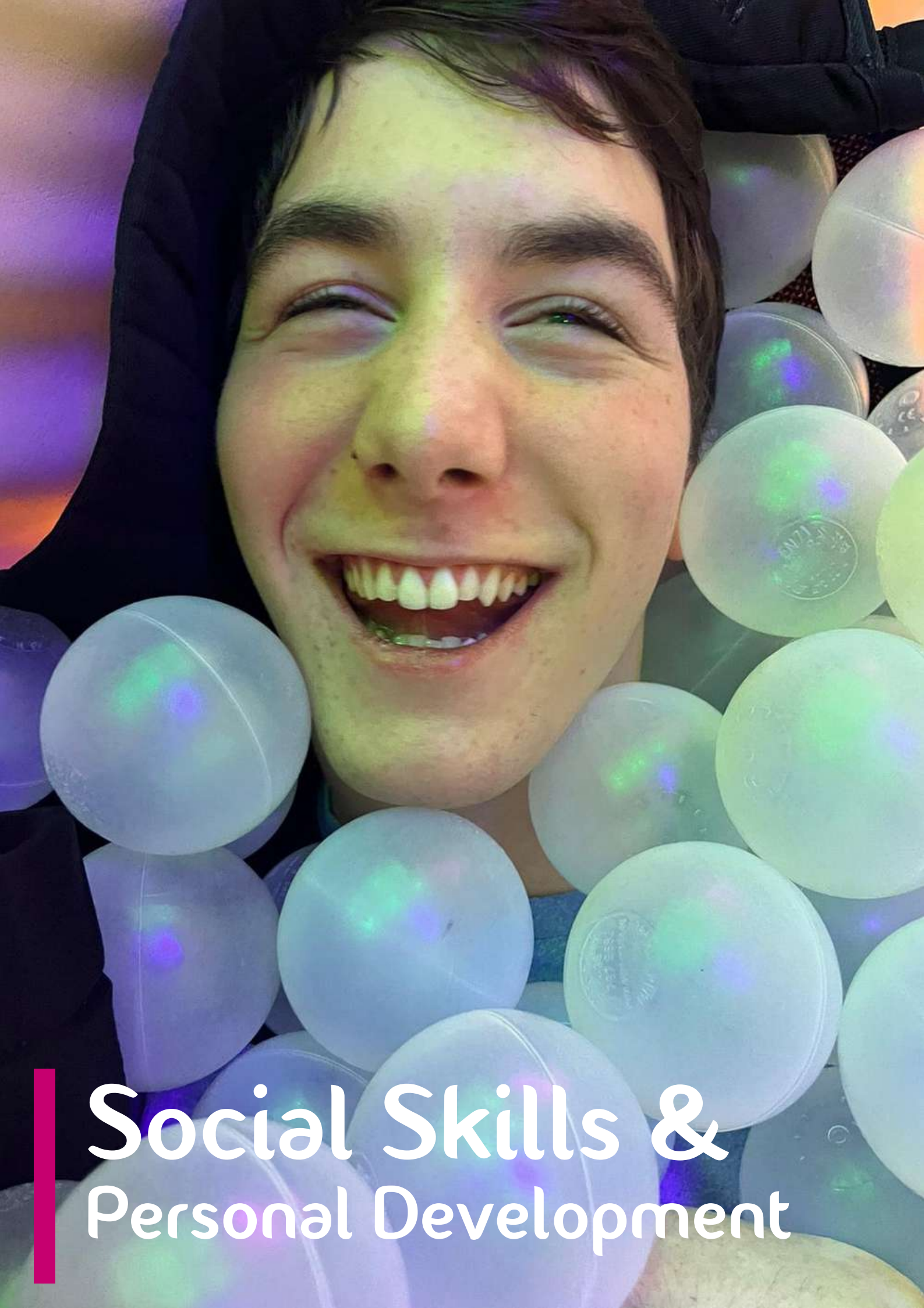
We benefit from being close to Preston city centre, so this gives us the opportunity to utilise and take advantage of all the local facilities. Having access to four fully accessible vehicles not only allows us to support people on local activities, but to venture further afield for exciting day trips to places such as Blackpool, Manchester and Liverpool.



I feel safe in the knowledge that my daughter is spending her days with well trained, friendly and compassionate staff. She has lots of fun days out that I couldn't manage alone. Big thumbs up to The FX

Parent





Social Skills & Personal Development

Social Skills and Personal Development



We have some AWESOME fun at The FX...

There's always something to do at The FX. From skiing...yes skiing...to day trips to local attractions or just a day out to the seaside. Everything we do is with the people we care for at heart, for everyone to experience new things and stimulate their senses.

Developing social skills and creating friendships is an important part of life for everyone. We encourage each individual to take part in activities that involve mixing and engaging with their peers and people in the community.

We have a whole host of activities and days out together and engage in partnership work with The Princes Trust on projects such as creating a sensory garden, painting of murals and seasonal gardening projects.

We take advantage of the venues that are right here on our doorstep and have regular visits to Preston North End Stadium, Preston Charter Theatre and Fashion Shows at UCLan. We will also venture further afield to see the many attractions at Blackpool and we've had several trips skiing at the Chill Factor in Manchester, which is always a real success!

For a list of the trips coming up, please speak to Jo Dunckley, Centre Manager, who will be happy to run through our plans with you.

Personal Development

Giving young people the chances, choices and opportunities to grow and develop is high on our agenda. We have a wealth of facilities to stimulate and help individuals to develop new skills and enjoy new experiences.

Our facilities and activities include:

Information Technology

Everyone will have access to tablets, a 60" interactive multi-media screen and a table-top screen and switches.

Cookery

From shopping for ingredients to food preparation, individuals will be involved in the planning, preparing and creation of meals promoting a healthy diet.

Arts and Crafts

Designed to stimulate the senses with the use of brightly coloured paper, paints and objects for touch. We proudly display our creations around the centre for everyone to enjoy.

Music therapy

Using a range of musical instruments and creating different sounds, we create a relaxing environment that lifts our mood.

Sensory Drama

We encourage individuals to express emotions through lights, sounds, textures, vibrations and smells in our drama sessions.

Sensory Stories

Telling stories through sounds and touch with the use of sensory items to encourage listening and the development of responsive skills.

Caritas Care is an inclusive charity and we celebrate a range of cultural and religious themed activities such as; Christmas; Chinese New Year; Eid; St George's Day; Diwali etc... At The FX everybody is welcome and we make sure that we educate and celebrate diversity.

Transitioning from School to The FX Service

Some people join The FX from leaving school whilst others start when they are older. We have something for everyone, so age is no barrier.

We like to gather as much information as we can to help us provide the best care possible to meet the needs of the people we support. We want everyone who attends our service to have a positive and enjoyable experience during their time with us, so we want to find out about the things that make them happy and the things they enjoy doing the most. During our assessment, we will speak with the individual, family, school and anyone who has played a key role in their support.

We understand that you want to make sure that The FX is the right choice for the person you care for and we encourage visits to the service. We want you to see first hand the activities and facilities we have and also for you to have the chance to meet the team and other people who attend the service. We would also welcome the opportunity to visit you in your own home as part of our getting to know you assessment.

We acknowledge that everyone adapts to things differently, so introductions and start dates are agreed totally around the needs and wishes of each individual.

We recognise that change can be difficult for all of us, but we will do all we can to put people at ease as soon as they arrive at The FX.



Privacy, Safeguarding & Complaints

Keeping people safe and information about them secure is an important part of the service we offer. Our Privacy Policy can be viewed on our website www.caritascare.org.uk

We acknowledge we have a duty of care to safeguard the people who we support and are committed to ensuring safeguarding practice reflects our responsibility as a day service. You can view our Safeguarding Policy on our website www.caritascare.org.uk

Caritas Care will listen and respect the people we support and their families. It is inevitable however that we will occasionally get things wrong and we need to be made aware of this so that we can put things right. If you have a comment or complaint about any aspect of the service we have provided, please speak to a staff member, or one of our management team.





Contact us today on:

t: 01772 732313

for an informal chat or visit our website

caritascare.org.uk

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