



MyLife@ FutureSteps

Education, training and development opportunities for
young people and adults with disabilities





About us

My Life @ Future Steps is part of 'My Life', a not-for-profit social enterprise that supports young people and adults of all ages, with and without disabilities. We provide a range of meaningful day time activities, training and development opportunities, and support in further education, health, employment and planning for the future.

We are based within the Leigh Sports Village complex, with access to all the community facilities on site, including the indoor sports centre which has a gym, swimming pool and a range of fitness sessions taking place each week. Within walking distance is Pennington Flash Country Park, where we enjoy walks, cycle rides, and all that nature has to offer.

My Life's main base is at Thompson House Equestrian Centre, a beautiful 84-acre site right in the heart of Standish in Wigan. From here, we provide: a range of work-based opportunities, further education courses for young people aged 16-25 with special educational needs and disabilities (SEND) for between 38 to 52 weeks a year; and supported internships, in partnership with Wigan Council and the Expanse Group.

Both Leigh and Standish sites are fully accessible to wheelchair users.



What we do

There is lots to do at My Life @ Future Steps. Our aim is for people to learn at their own pace, be more confident, independent, and make new friends in a relaxed environment.

We deliver a range of meaningful, fun workshop style activities, which are person-centred and help people to develop new skills, improve the skills they already have, and gain relevant qualifications. This includes:

- healthy eating and meal planning
- independent living skills
- managing money (includes numeracy)
- work-based skills (includes literacy)
- computing and social media
- dance and gentle exercise
- cooking and catering
- customer care and hospitality
- artisan crafts
- music making
- learning to play an instrument
- and many more!

We also support people to access the many facilities in the local community, and from time to time we arrange trips to our Standish site and to venues outside of the borough to put our learning into context.

Lots of people use their personal budget or direct payment to pay for regular activities on site, but we also welcome self-funders who may just want to attend on an ad-hoc basis. Some people also receive funding to complete further education courses.



Room hire

Our Bedford Suite is available for hire Monday to Friday for meetings, conferences, workshops and training courses. The room is furnished to a high standard and seats 16 people comfortably.

It has the following features:

- small kitchen area
- hot drinks-making facilities
- plasma screen TV
- flipchart/pens
- projector screen
- wi-fi access
- wheelchair accessible
- accessible toilets

Room hire starts at £15 per hour, £40 per half day, and £75 per full day. Hot and cold drinks and buffet lunches can be provided at very competitive prices, and we can cater for all kinds of special dietary needs.

Free parking is available on site.

Please contact us for a no-obligation quote, or to arrange an appointment to come and see the room.



Membership

My Life is a membership organisation - it costs £5 per month, or £60 per year to become a member. You don't have to be a member to attend My Life @ Future Steps, or My Life at Standish. However, it is well worth becoming a member as there are lots of benefits to membership, including:

- discounts for workshops on both sites, events we organise, Bedford Room hire, and at the Standish site: short breaks in our respite lodge, children's half-term activities, and dog grooming/day care;
- free or discounted training courses (both sites);
- free reiki and holistic therapy sessions (Standish site);
- up to one hour of free, professional legal advice on how to set up powers of attorney, wills, trusts and the administration of estates;
- personal assistant matching service - we train and screen all our PAs, and if you are looking for support we can match you with the right person;
- access to information, advice and support on any aspect of getting a good life for your loved one. We understand personal budgets, support planning, getting good care and support for children and adults, and how to navigate around the system.

Please get in touch with us to ask for a membership form, or sign up online at www.my-life.org.uk/signup

Contact us

Please contact us if you would like any further information, a tour of our sites, or to enquire about availability of the Bedford Suite.

Free half-day taster sessions are available.

- My Life @ Future Steps
Leigh Sports Village, Sale Way, Leigh, Lancs, WN7 4JY
Phone: 01942 487854
- My Life
Thompson House Equestrian Centre, off Pepper Lane, Standish, Wigan, WN6 0PP
Phone: 01257 472900

Email: futuresteps@my-life.org.uk
www.my-life.org.uk



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