

Who are Real Life Options?

Real Life Options was first established in 1992 to support and empower people with learning disabilities and autism, to have more choice and greater control over their lives. Over the last three decades, they have grown to become a national provider of social support and care while staying true to their core ethos.



How was the grant used?

- The grant enabled the organisation to purchase more sensory, relaxation and physical therapy resources for their service users such as therapy balls and mats. The Health Promotion Service also ensured that the organisation was provided with enough PPE supplies for the safety of the staff and service users that they support.
- The staff had purchased some aromatherapy massage oils and an electronic aromatherapy scent resource that would support the service user's sensory needs, as they had previously enjoyed these types of activities.

What had to change due to Covid-19?

- Real Life Options have had to adapt the activities that they support people to engage in, due to the risk of Covid-19. They have done this by providing all service users and staff with PPE supplies when they carried out home visits and when social activities started back in groups, as well as putting more risk assessments in to place.

What difference has the grant made?

- The funding benefitted the whole service, approximately 30 people with a mix of staff and service users. The activities were thoroughly enjoyed by the service users and it was really needed during a time when the majority of outside activities/clubs that the service users usually accessed, were closed down due to the pandemic.
- The service users and staff have had a more varied routine, been able to socialise with others and take part in fun relaxation activities, reducing the isolation that they faced during the pandemic.
- The impact for the community is that the PPE supplies have ensured that the health and wellbeing of the staff and service users is looked after.

“I enjoy the smells from candles and oils as they relax me.”
(Service User)

“Encouraging the service users to keep fit through various activities such as bowling, using stretch bands etc has been great for not only their physical health but their mental health and it also gives them an opportunity to build relationships with others whilst doing this.”
(Staff Member)

