



# THE SKILLS CENTRE

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## DAY OPPORTUNITIES FOR ADULTS WITH LEARNING DISABILITIES AND AUTISM

Developing independence, confidence, and real-world skills

ASDAN accredited learning pathways | Active Support | Positive Behaviour Support

[www.unitedsupportservices.co.uk](http://www.unitedsupportservices.co.uk)

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# WHO WE ARE

The Skills Centre is based in the town centre of St Austell, Cornwall, providing accessible, community-integrated day opportunities for adults with learning disabilities and autism.

We established the service to deliver practical, tangible outcomes that support individuals to build real-world skills for daily living, independence, and community participation.

**We believe strongly in people and their potential. With the right encouragement and opportunities, individuals can grow, thrive, and achieve their personal goals.**



**EMPOWERING LIVES, ONE  
DAY AT A TIME**

# OUR MISSION AND VISION

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Our vision is to deliver a high-quality Skills Centre grounded in person-centred practice, Active Support, and Positive Behaviour Support, enabling people to build skills, confidence, independence, and meaningful community participation.

Our mission is to provide structured, personalised, and outcome-focused learning aligned with individual goals and care plans. Our values guide consistent, collaborative, strengths-based support that helps people develop practical skills, make informed choices, and achieve meaningful life goals.



# ASDAN AND ACCREDITED LEARNING

The Skills Centre delivers **ASDAN Lifeskills Challenge** and other accredited learning programmes.

Courses are offered across a range of levels from pre-entry to Level 2 and are adapted to meet individual needs and abilities. Learning is personalised and delivered using Active Support approaches.

Learning is outcome-focused and evidence-based. Progress is recorded through portfolios, session records, and regular reviews to provide measurable outcomes for individuals.

Sessions are delivered in small groups or 1:1 and include real-life activities such as cooking, budgeting, travel training, personal care, social skills development, and community-based learning.



# WHY CHOOSE US

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## 01 Outcome-Focused Support

All sessions are planned with clear, measurable outcomes linked to individual goals, care plans, and commissioning requirements.

## 02 Experienced Specialist Staff

Our staff are trained in learning disability support, autism, positive behaviour support, and active support, ensuring safe and effective learning environments.

## 03 Small Group Sessions

We keep group sizes small so everyone gets the support and attention they need to learn and build confidence.

**SESSIONS  
MIGHT INCLUDE  
COOKING,  
BUDGETING,  
TRAVEL  
TRAINING AND  
SOCIAL SKILLS  
DEVELOPMENT**



# REFERRALS AND ACCESS

- **Funding and Access:** We accept privately funded placements and individuals funded via Direct Payments. Referrals can be made by families, care providers, local authorities, or individuals.
- **Session Times:** The Skills Centre operates structured day sessions during weekdays. Session times and attendance patterns are flexible and can be agreed to meet individual needs.
- **Free Taster Session:** All new attendees are offered a complimentary taster session to ensure the service is suitable and to support informed decision-making.
- **Lunch and Cooking Sessions:** Where individuals take part in cooking sessions, a lunch option is available for a small daily fee. This covers the cost of fresh groceries and a cooked meal prepared as part of learning activities.
- **Support Ratios:** We deliver sessions in small groups and 1:1 where required to ensure personalised learning, meaningful engagement, and positive outcomes. If additional support is required, this will be assessed and a bespoke support arrangement will be agreed with all parties.



**TRANSFORMING  
CONCEPTS  
INTO REALITY  
AND  
NURTURING  
INNOVATION**

# PHOTO GALLERY



# CONTACT

# THE SKILLS CENTRE



We welcome referrals, visits, and partnership enquiries from individuals, families, and commissioners.



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