



*The Sunnybank Trust*  
Friends to those with a learning disability



**Futures programme**  
Putting **you** in your future

# Your future



**Thinking about your future can be hard.**

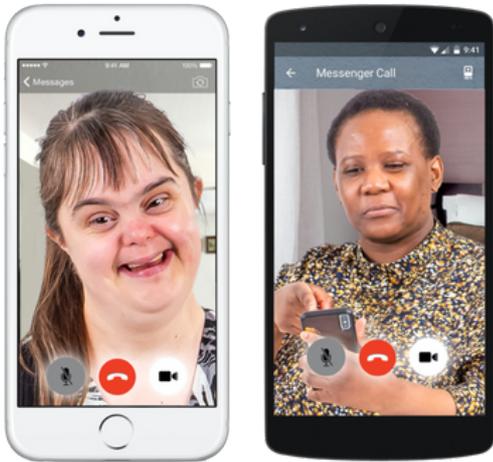


**Not sure what to do, where to go or if you are ready to take that next step.**



**The Sunnybank Futures Programme is here to help you think about your future.**

# Your programme



**When you join our Futures Programme, we start by getting to know you and the things that matter to you.**



**We will support you to think about your goals, whatever they may be.**



**You will meet your Futures teammates, who are also hoping to achieve their goals.**

# Your goals



**Together we will make a plan to help you reach your goals.**



**You will be supported by Futures Manager, Claire, as well as your teammates.**



**Recently our members have found paid jobs, started to prepare for their driving tests and have learnt how to avoid online scams.**

# Your week

To help you reach your goals, most weeks you will:



**Take part in activities related to your goal.**



**Join a 'drop in session' with your Futures teammates.**



**Meet an expert in the local community.**



**Have one-to-one time to talk about how you're getting on.**

# Your time to grow

At the end of your time with Futures, you will:



**Have a CV of all your achievements.**



**Have built friendships, skills and experiences.**



**Be invited to join the Sunnybank Mentors Team.**

**Throughout your time with us, and beyond, you will have access to all of our services, including our weekly fun activities and advocacy support.**

# Jack's story

**Jack joined the Futures Programme in 2019. Here, his mum tells his story.**

**My son has a genetic disorder.**

**Throughout school and college he needed additional support. When he left college, I was overwhelmed with worrying thoughts of how I was going to be able to support him through this transition period.**

**I had dealt with various agencies over the years and none really catered for people like my son. There is support for the severely disabled and rightly so, but very little for the more able, but very vulnerable young adults. Too able for specialist help and too vulnerable to be left to fend for themselves.**

**I contacted Sunnybank in desperation really. I needed support to help him once he left education. Within five minutes of meeting Claire (Futures Manager), I relaxed. My son felt comfortable in her company, and what Sunnybank could offer him sounded too good to be true.**

**My son now goes to coffee morning every week where he gets to spend time with other young adults with additional needs. He has grown in confidence in a way I didn't think possible and he now feels able to support some of the other young adults. Issues I am concerned about like online safety and disability hate crime are being addressed and valuable advice given.**

**I, like most parents with a child with a learning disability, watch as they struggle through life. Bright enough to know they are different, and desperate to fit in.**

**\*Jack's name has been changed to protect his identity**

# Are You ready?

If you are a young adult with a learning disability,  
you can join our Futures Programme.

- It's free to join
- The Programme lasts for one year

To find out more, please get in touch with  
Futures Manager, Claire Dawson.



[Clairedawson@sunnybanktrust.org](mailto:Clairedawson@sunnybanktrust.org)



07940 553 298



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