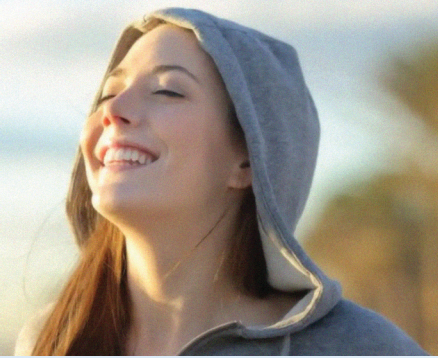




Tailored support, care and accommodation services for young people.

Young people are our future and have so much to offer. They thrive best when they feel valued and have a safe place to live and the confidence to be their best.



Main Stay

LIVING



Valuable education, preparation and guidance for young people. Functional skills and life skills from fully trained post-16 teachers, partners and career advisors



Support for transitioning into independent living. We are committed to understanding and being responsive to the individual needs of young people



A place which a young person can call home is vital to them achieving the best version of themselves, with life skills development, moving on to independent living with confidence.

www.main-stay.co.uk



What we do...

Main Stay Living supports young people – typically care leavers in the 16-to-18 age group – who have challenging backgrounds; who live with complex support needs; who may be vulnerable or at risk from social exclusion. We – and our partners – have comprehensive experience in providing:

- A high standard of accommodation
- Supportive environments
- Welfare and educational based support
- Specialist support
- Interventions

...to enable a successful transition into independent living.

A holistic approach...

Working with our partners, we are able to deliver a holistic approach for helping to bring a brighter future to young people:

- Tailoring support to the individual's unique needs
- Focusing on the core values of being non-judgmental
- Providing high standards of care and empathy
- Caring for young people the way they want to be cared for

We are committed to being understanding and responsive to the needs of young people. We accept each person as a unique individual and work with them so they can feel safe, secure and inspired to lead fulfilling lives.

Founders of *Main Stay Living*, Gavin Heard and James McKenna have many years experience and expertise of working with young people from all different cultures, socio-economic and challenging backgrounds – and are passionate about the city of Liverpool, making a positive difference to young peoples' lives and the community.

How do we improve everyday life skills, functional skills and those skills where the young person demonstrates strengths or a keen interest? The answer lies in the experience and expertise of the Main Stay Living team and its numerous partners and connections.

Each individual gets their own support plan, tailored to their unique needs and circumstances, which maps out the actions that they need to take to achieve independent living. We have many resources to draw upon to ensure each young person gets the best support possible...

Key workers who provide support and teach essential life skills through key work sessions.

Teachers and educators qualified to teach post-16 young persons in various subjects, such as Maths, English and ICT.

Local tradespeople and firms – We have numerous connections with local trades people and firms to support further skills for young people.

Councils, social workers, careers advisors and charities – We work alongside many public sector organisations and charities.



Working together, with our partners...

The Bronte Youth and Community Centre

Established over 40 years ago. The Bronte's mission was to create a centre in the heart of Liverpool where people can learn and develop new skills, meet new friends and be part of a community.

Heron Care Ltd

Heron Care Ltd is registered with the **Care Quality Commission** as a domiciliary care agency providing home care services and home help to individuals with; learning difficulties, onset dementia, care of children services, mental health, care of the elderly, end of life and more.

Adapt Outdoors Ltd

Adapt Outdoors is well-known as a grassroots Liverpool business which has been involved in numerous community projects. Many young people have undertaken character-building outdoor challenges in support of a worthy cause or to help the community. The outdoors is great for self-confidence and self-belief.

How we set young people on their way to a better future, enhancing their prospects and developing their employability



The needs of the individual must lie at the heart of everything we do

SELF-ACTUALISATION

A successful transition into independent living
The young person has learned a lot, gained valuable life experience and real-world skills to continue through life with much more resilience, stronger aspirations and a much brighter future.

SELF-ESTEEM

Self-esteem issues can affect access to employment and to resources and services in society e.g. healthcare services, a lack of understanding of the health care system. A feeling of being judged by the system. This exacerbates social exclusion.

BELONGING NEEDS

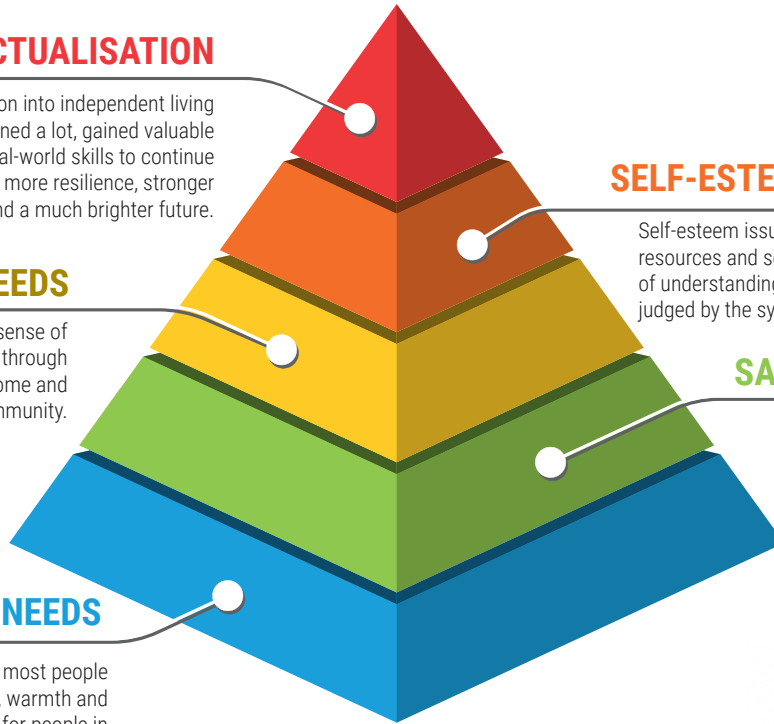
The young person develops their sense of identity, self-worth and belonging through having a place they can proudly call home and feeling that they are part of a community.

SAFETY AND SECURITY

Safe, secure and appropriate shelter is critical to meeting basic human needs. Suitable accommodation is fundamental to good outcomes in other areas of life. A lack of suitable housing can create barriers to participation in education, employment and training, and to accessing other services, such as registering with a GP.

PHYSIOLOGICAL NEEDS

There are many basic needs which most people take for granted (food, water, shelter, warmth and sleep) but which are a serious issue for people in insecure circumstances and who are at risk of social exclusion. When these needs are not met, health and medical issues tend to get overlooked.

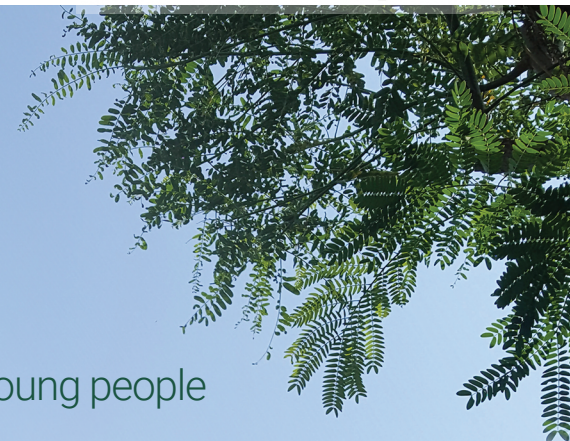


Main Stay
LIVING



We help young people to enhance their employability and to improve their confidence and life skills by addressing individual barriers and needs.

In all our services we take a restorative, person-centred approach, working with young people to meet their needs and develop their strengths



A brighter future for young people

We provide valuable education, preparation and guidance for the young people we work with at a crucial, pivotal point in their lives.

This education is on a basis which is informal yet essential and foundational to their development in terms of learning to become a responsible adult, facing the challenges of life in the 'real world' and modern society.

We start with the basics and strive to recognise their strengths and achievements to date, and how they can develop these further, by gaining as many useful qualifications and as much useful experience as possible.

Our approach: ***the more strings a young person has to his/her bow – the more rewarding their path as they progress through life.***





- 1** A 3-6 month period (depending on age and ability), where the young person will have the ability to gain vital everyday skills and resettlement support for transitioning into independent living.
- 2** A 3-6 month period where young person will be engaged in further education and training, with access to a qualified educator, and the opportunity for multi-skills qualifications and support which will be adapted to the young person becoming fully independent. Based on ability, the young person will have an opportunity to obtain functional skills in Maths and English.
- 3** The young person will live on their own with 15-20 hours support.
- 4** Full independences and access to on-site support
- 5** Full independence and access to their own home or shared accommodation. Staff will stay in contact once every 60 days until the age of 25



The care support and accomodation provided by Mainstay Living makes a positive difference to young lives.

The young person will have the ability to gain the following from informal training and access to educators and teachers...



Vital everyday life skills

for young people with a diverse range of needs, helping them to make individual choices, helping them to achieve goals and take control of their own lives.

Resettlement support for transitioning into:

- independent living
- local authority, housing association or private sector tenancies
- accessing and sustaining employment, ongoing education and training
- accessing the healthcare system



Young people face many barriers to accessing permanent suitable accommodation and things like healthcare.

Main Stay Living and its partners address these basic needs and the subsequent steps towards living independently with confidence.



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