



# *Progressive Lifestyle Solutions*

**Supported Accommodation Provider**

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



# ABOUT US

## Mission Statement

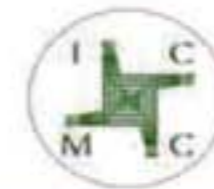
Progressive Lifestyle Solutions is a not for profit Community Interest Company, working with service users to help, assist and progress them to independent living by providing them with the necessary tools, skills, knowledge and signposting to make this sustainable.

We have focused on a number of aims and objectives to help us deliver the best possible outcome for our service users:

- To provide safe, secure supported accommodation to existing and new services users
- To offer low-level, regular support to service users to ensure their daily needs are met
- To work at ground level in the communities of Liverpool, by building stronger neighbourhood ties.
- To consolidate basic life skills of service users.
- To take an engaged, empathetic approach to our support.
- To take a proactive focus on improving the health and wellbeing of each service user.
- To facilitate educational courses and computer literacy improvement where appropriate.
- To provide employability support for service users.
- To establish links with other organisations that may benefit our service users.



Here are some of the organisations we work with:



IRISH COMMUNITY CARE MERSEYSIDE



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# EDUCATION AND EMPLOYMENT TRAINING



One of the main barriers to employment and independent living can be the presence of gaps in a service user's CV. Many of our service users often possess the basic academic skills and literacy but fail to back it up with tangible qualifications. In order to address this, our team designed and fitted a classroom facility within our Walton Road premises.

The room consists of desks, computers and printers, with a capacity for 8 to 10 service users and a teacher at any one time. In order to make direct use of this, Progressive Lifestyle Solutions has become a Registered Training Centre under the Open College Network. This means that we can deliver a range of NVQ and City & Guilds courses in our own right.

More specialised training is also available. In recent years, many potential employers state a preference for would-be applicants to have a basic to intermediate level of computer literacy. Progressive Lifestyle Solutions understands this, and has built ongoing working relationships with organisations that specialise in delivering this type of training. This can cover Microsoft Office training, spreadsheets and mail merges.

In order to achieve the best possible chance of gaining employment, we at Progressive Lifestyle Solutions feel it's imperative to keep a relevant, up-to-date CV. For many service users, populating a CV can be a difficult and daunting task.

Our team can work on a one-to-one basis with service users to help identify areas of strength and relevant attributes to help create a document that best represents the individual and gives a better chance of gaining employment and independence.



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# HEALTH, FITNESS AND NUTRITION



As part of our bespoke level of support and commitment to helping the health and wellbeing of our service users, we designed, fitted and equipped a health and fitness facility to the rear of our premises. From here, service users can work with our fitness instructor to develop a person centred workout and nutritional plan to suit each individual.

The facilities are free of charge for all service users, which can be invaluable at a time when costs associated with a standard gym membership are simply too high for some individuals. Our range of activities include circuits, weight training, boxing and cardiovascular sessions. This not only provides a welcome stress relief, but also works towards improving the self-confidence of our service users.

Some of the equipment available within our gymnasium includes:

- Free Weights
- Fully equipped boxing area
- Exercise Bikes and Treadmills
- Sauna (for Detox)



## Example of a standard Chest and Bicep Workout from our fitness team:

- 10 minute warm-up
- 3 sets of 10 reps on flat bench (1 minute rest between sets)
- 3 sets of 10 reps on incline bench (1 minute rest between sets)
- 3 sets of 10 reps Barbell Bicep curl (1 minute rest between sets)
- 3 sets of 10 reps Dumbbell hammer curl (1 minute rest between sets)
- 10 minute fast walk on treadmill
- 5 minutes on exercise bike
- 10 minute warm down and stretch-off

*A protein shake is also provided or we can help cook a nutritional meal in our fully equipped kitchen.*

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# OTHER SERVICES OFFERED BY PROGRESSIVE LIFESTYLE SOLUTIONS



## Days Out

At Progressive Lifestyle Solutions, we feel that it is vital for service users, particularly those living together, to bond and become friends. For this to happen, it may be necessary to spend time away from their usual environment. With this in mind, our support team make a point of inviting groups of service users on a variety of days out. These have so far included visits to the seaside, carvery meals and catching one of the latest movies at a local cinema.



## Food Parcels

As part of our ongoing pledge to break the cycle of poverty and improve the health and wellbeing of our service users, Progressive Lifestyle Solutions work directly with organisations that specialise in providing a variety of non-perishable food substances free of charge.



## Clothing

In the winter of 2010, we launched an appeal via our website, Twitter and Facebook Page for donations of unwanted men's clothing. The response we received was phenomenal, and continues to be. We now have a "Fitting Room" to the Lower Ground Floor of our premises, complete with a full-length mirror, for service users of all shapes and sizes to come and top up their own wardrobe if required.



## Furniture Replacement

We realise that sharing communal areas with other service users may result in wear and tear of furniture within the properties. Full inventories are carried out on a regular basis to ensure that all furnishings are kept to the high standard on which we pride ourselves. If they're damaged – they're replaced!



**For more information about Progressive Lifestyle Solutions, and to see some of the properties we offer, please visit our website – [www.progressivelifestyle.co.uk](http://www.progressivelifestyle.co.uk)**

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