



Day Services in Hilt



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Where's the Day Centre?

We have no day centre. We aim to support people to do things in their own local community, or in their own home.

What do people do?

This varies enormously, but activities can be broken down into leisure activities and learning activities:

Leisure: this is fun but often has another purpose. For example, going to the gym helps people stay healthy and helps them see friends, but it's also fun.

Learning: going to college, or learning to cook increases your skills but also keeps you in touch with people, builds up your self confidence and can help you to aim higher.

Who do you do things with?

Activities are supported on a 1:1 basis, so one service user with one worker going swimming, or sometimes in very small groups.

How do people get to activities?

If it's someone going somewhere with one worker, we'll use public transport. Some small groups use a minibus.

Who are the staff?

There's a manager and day service workers. The team has one volunteer, who works with the team for a year.

Who can use the service?

The team can support anyone. If you have support needs that we don't know how to support, we'll go and find out. The team supports many people who need a lot of support and who can be challenging.

How do I find out more about the service?

Contact a Service Manager on 020 8985 5511 x225 or email info@hilt.org.uk

Hackney Independent Living Team, Richmond House, 1a Westgate Street, London E8 3RL.

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