



Your Guide

It's time to Google And Go....

okta

Support Workers Create Adventures...

Our people are explorers. They are adventurers.
They are seeking out the Best Lives Possible for
the people they support.

So, in this spirit, we are challenging our teams to enjoy
an epic month of exploration of our communities.

No matter who you support, no matter what their
background, there are exciting new experiences to find.

Let's have some fun!

Let's discover new places!

Let's make some
dreams come true!



Adventure is calling...

The Big Adventure is a month-long challenge to work with the people we support to seek out opportunities that will light them up, connect them with new passions and have long lasting impacts.

Share your adventures on [Viva Engage \(Yammer\)](#) and tell colleagues about them at your weekly Adventure Huddles. You could win a prize for your service!

There is a different challenge theme each week to inspire new adventures...

The Big Adventure begins on Monday 7th August...



Week beginning 7th August: You're The Tourist

Experience the things that make your local area famous, whether that's visiting a landmark, attending a well-known regional event or finding the food that puts your town on the map!

Week beginning 14th August: Free Treasure

Discover the amazing array of free opportunities near to you. In every region there are clubs, events and places that provide amazing experiences for free. What will the person you support love?

Week beginning 21st August: Buddy Up

Make new friends or celebrate existing relationships. This might mean visiting somewhere with a friend or relative or it could mean joining a club to meet new people.

Week beginning 28th August: Biggest Adventure Possible

Let's end The Big Adventure on a high! Fulfil lifelong ambitions, go somewhere incredible, or find a new passion. The possibilities are endless!



Your Mission...

Each community has something special to offer the people we support. Exciting events and experiences. Inclusive programmes and accessible places. Brilliant people.

Every team in Community Integrated Care knows places and groups that light up the lives of the people they support.

It is important, though, that we are fully aware of all of the opportunities that can support people to live The Best Lives Possible.

The people we support are always changing...

There's always something new to find...

And this is why we are explorers!

We follow the clues set by the people we support.

We are always planning their next adventure.

And now it's time to set off on one of our most fun ones yet...



The Big Adventure

The Big Adventure is a four-week challenge for every service to explore new opportunities with the people they support.

This programme will help you to learn more about them and connect them with life-changing experiences.

- Every week has an exciting adventure theme
- Using online search, you will find exciting new experiences related to that theme
- You can build upon these experiences to make a lasting impact...

Adventure is for Everyone

Lots of people we support at Community Integrated Care have complex needs. For some people we support, accessing the community comes with challenges. Often people enjoy set routines too.

This doesn't mean that we can't enable them to find new adventures – or bring adventures to them.

Adventure simply means: “What can we do that brings joy or new opportunity to the lives of the people we support?”

Our teams can deliver this project in real person-centred ways.

And if for any reason the people we support can't easily access their community, we can instead think of how we bring the community and new exciting experiences to them.



More Than a Game...

The Big Adventure is about more than fun.

It's an exciting programme with a serious intention...

- People who have learning disabilities live 14 to 18 years less than the general population.

By supporting people to be more active, you are improving health and happiness.

- Half of disabled people feel lonely and isolated.

We are enabling the people we support to be at the heart of their communities.

- People who have disabilities are the most excluded from culture and leisure opportunities.

We can change this!

This is about making the Best Lives Possible a reality...



Your Adventure Pack....

Have you been trained?

To have the skills to take part in the Big Adventure, it is important that members of your team have accessed Google And Go.

Google and Go is a special learning experience that teaches people how to use the internet effectively to find fresh and rewarding experiences for the people you support.

If you haven't taken part in this training, please email: community@c-i-c.co.uk



Four Simple Steps to Adventure

1) Explore

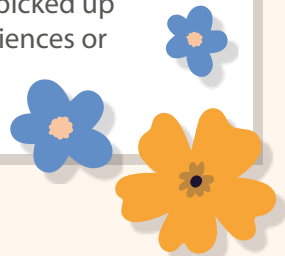
- Try to explore at least one adventure with the people you support, related to the theme of the week.
- Be person-centred. Have great conversations with the people you support, their loved ones and your teams to really think about how to bring this adventure to life. The conversation cards in your Adventure Pack will help with this.

What fills them with joy? What might they like but never have tried?

What is the best environment for them?

These are your adventure clues...

- Use this knowledge you have developed and the skills picked up in Google and Go to Google search and find new experiences or opportunities that meet the theme of the week.



2) Adventure

- Go out and have some fun!
- Make the most of it and make some memories...
- What can you do to really make this experience come to life?

Perhaps you can invite friends and family?

Do you want to bring a lovely packed lunch?

Are you going to take photos?



3) Reflect

- Every adventure is an opportunity to learn and improve.
If you find something that the person you support enjoys, that's amazing! Can you repeat or build on the experience again?
Don't worry if it didn't go well. What did the experience teach you?
- Update Your Care and Support Plans.
Over the four weeks, you will learn so many new things about the people you support. You will also discover new places and experiences that you can build upon.
Make a lasting impact by bringing this insight into your Care and Support Plans.

4) Share: Inspire others!

- Make sure that you tell your colleagues and the family of the people you support about the adventures you have been on.
Excitement is infectious, so inspire more people to become adventurers!
- Share photos and updates from your adventures on Viva Engage, using **#BigAdventure**.
Every post is a chance to win top prizes for the people you support!
- Each region will be awarding their own prizes. Go along to your weekly Adventure Huddle to share your adventure and be in with a chance of winning and also to hear about other amazing adventures!



Before We Set Off on Our Adventures! Some Top Tips...

Follow the clues...

Every person we support, whether they use words or not, will give direction about who they are and what they want in life. Use this knowledge to plan your adventures.

Care and Support Plans will give you some brilliant insight.

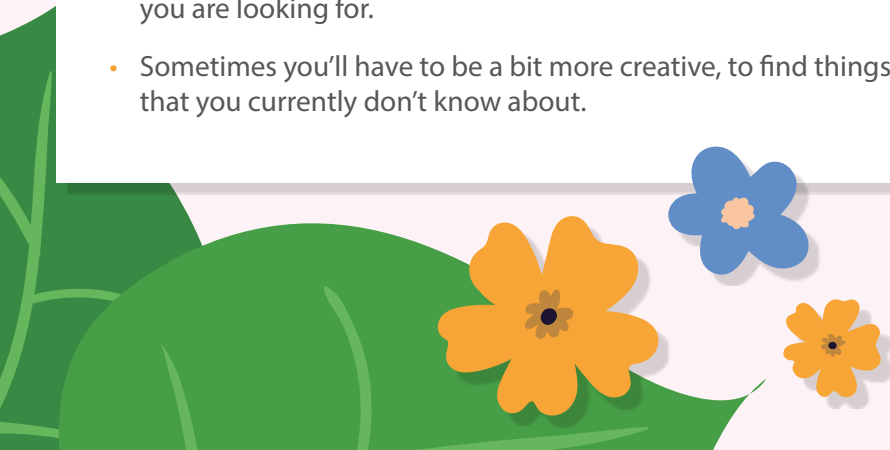
Here are some other questions that might help you to think about:

- What do they love doing?
- What environment suits them best?
- What are their goals and dreams in life?
- What have they never tried before but might like?

Apply this knowledge...

As you look at each adventure theme, you need to think creatively.

- Sometimes you'll have a brilliant idea and know exactly what you are looking for.
- Sometimes you'll have to be a bit more creative, to find things that you currently don't know about.



Here are a few examples of how you might be able to think of new ideas...

“Rebecca loves watching films.

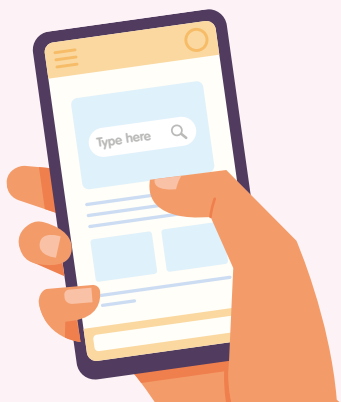
We’ve never explored the cinema though because she doesn’t like loud noises.

I’ve heard about autism-friendly cinema showings, where the lights and noise are reduced.

I wonder if there are any of these locally?”

Google Search: Autism Friendly Cinema

Adventure: Rebecca has a ‘Reel-y’ good day at the flicks!




“We’d love to have a sensory room, but we just can’t afford it yet.

I wonder if any community groups locally offer shared sensory rooms in Glasgow?”

Google search: Sensory room Glasgow

Adventure: Jake has a ‘Sense’ of Adventure, bringing colour to his life...



"David loves to watch football with his dad.
He's really full of energy. And he wants to make friends.
I wonder if there are any learning disability football teams nearby?"

Google search: Learning Disability Football Liverpool

Adventure: David signs for Liverpool FC – joining
their free accessible football programme!...



"Anna and David love to get
out and about.

We're getting a bit bored of visiting
the same old places though. I
wonder if we can make more of our
lovely Yorkshire countryside?

It would be great to find some
accessible walks locally!..."

Google search: Accessible Walks
Yorkshire

Adventure: Anna and David
have 'moor' fun in the
Yorkshire countryside, with
wheelchair-friendly walks.



"Strictly Come Dancing is on at Manchester Arena. Lilly loves dancing.

It's quite cheap for us to go together, because carers get a free ticket.

We'd need to find an accessible hotel room though, because we'd want to make a weekend of it!"

Google search: Accessible Hotel Rooms Manchester

Adventure: It's a 10 from Lilly, as her hotel is Strictly brilliant!

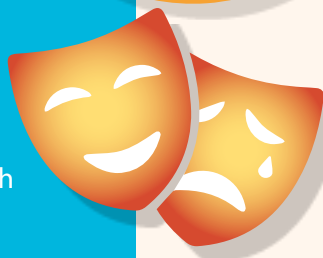


"Mitch is such a character! He's always impersonating the staff and making us laugh.

He's a real performer. I wonder if there is an accessible drama club locally?"

Google search: Learning disability drama Portsmouth

Adventure: Mitch takes to the stage!



Week 1: You're The Tourist

We often take for granted the special places that exist in our communities.



WELCOME

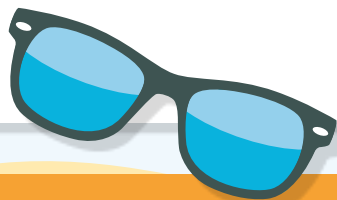
To kick off your adventure, we want you to find special places – either in your community, or somewhere else that are special to the people you support – that a tourist would visit.

- Is there something that your town or city is famous for?
- Do you have any special attractions?
- Are there any special events happening locally?

Soak up the fun, like You're The Tourist...

Example ideas...

- Visiting a local museum
- Touring your local sports stadium
- Taking in the beautiful nearby countryside
- Visiting a pub or restaurant to try a local delicacy
- Doing a city tour
- Visiting local gardens
- Watching a concert or show



Week beginning 7th August

Get Searching!

Try these online searches...

- Days Out in (Name Of Town / City)
- Museums Near (Name of Town / City)
- Tours of (Name of Town / City)
- Best Scouse In Liverpool

TOP TIP!

If accessibility is important, add this to your search, e.g. 'Accessible Days Out Liverpool'.



Week 2: Free Treasure



Adventures don't have to be expensive!

There are so many free things that exist in our communities. Your challenge this week is to find something that is fun and free.

Lots of places – like museums and public gardens are free to the public. But we can also think a bit bolder.

Many communities offer a range of free clubs for people who access care and support – from drama groups to dance classes, disability football and rugby league clubs to arts groups.

There are also lots of free events that take place – from concerts and public shows, to walking tours of historic places.

And if you really want to try something special, did you know that most sporting and concert events offer carers free entry when the person they support buys a ticket?

(Don't worry if you can't find a concert or sporting event for this week! It's committing to a plan that counts. You're able to book something for the future, and still achieve this challenge...)



Week beginning 14th August

Get Searching!

For this challenge, we recommend that you:

- Specifically search for things that are free, and;
- That you also search for things related to the specific goal or interest that the person you support has.

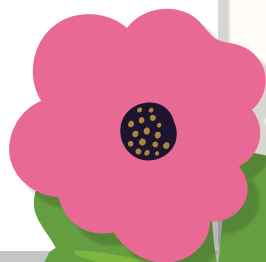
Lots of community groups and attractions are free, but you'll need to do a bit of searching to find them...

Searching for free opportunities...

- Free Days Out In (Name of Place)
- Free Events in (Name of Place)

Searching by interest or type of service...

- Learning Disability Clubs (Town)
- Learning Disability Rugby League (Town)
- Museums (Town)
- Sensory room (Town)
- Mental health football (Town)



Week 3: Buddy Up



Half of disabled people report feeling lonely. Many people who access social care only have relationships with the people they live with and the colleagues who support them.

We can change this for the people we support, by supporting them to develop new relationships and stay connected with their existing ones.

This week's challenge is all about connecting with other people. This can mean a special experience with others, or alternatively, something even more permanent and impactful – like exploring volunteering or joining a local club.



You could consider....

- Visiting somewhere special with family and friends

Is there somewhere they'd enjoy visiting together?

- Finding local community groups that meet the goals and interests of the people you support.

These groups can be tailored to people who access care and support – like accessible sports or drama groups.

But they can also be general community groups too. Do you support someone who loves cars or steam trains, board games or books? Many communities have local groups for people who have shared passions and interests.

- Connecting with other local services to enjoy a big day out together...

What can you do to bring fun, friendship, or family connection into the lives of the people you support?



Week beginning 21st August

Get Searching!

Try these online searches...

- Days out in (Town / City)
- Wheelchair friendly (Town / City)
- Accessible days out (Town / City)
- Events in (Town / City)

Search for community groups...

- Car club (Town / City)
- Volunteering in (Town / City)
- Volunteering (Interest) (Town / City)
(E.g. "Volunteering dogs Liverpool")
- Disability swimming (Town / City)
- Learning disability disco (Town / City)
- Learning disability football (Town / City)
- Meetup (Town / City)



Week 4: Biggest Adventure Possible!



Let's end our month of adventure on a high!

This week encourages you to think big and consider the most exciting opportunities that you enable for the people you support...

- Is there a place they have always wanted to go?
- Do they have a passion or interest that you can bring to life?
- Is there something they have always wanted to try?



Week beginning 28th August

Get Searching!

In this adventure, we recommend your searches relate to the specific interests and dreams of the people you support...

"Selena loves music. I'll see if there's any tickets for the arena!"

"Amanda loves cars. Perhaps she'll enjoy go karting?"

"Omar supports Celtic. I wonder if we can do a stadium tour?!"

"David is always watching Marvel. He'd love to go comic book shopping..."

"Michael loves animals. I wonder if we can visit the local zoo or explore volunteering at the dogs home!"

Example searches might include:

- (Name of venue) Tickets
- Celtic stadium tour
- Go karting (Town / City)
- Comic book store (Town / City)
- Chester Zoo Opening Hours
- Dogs Trust Volunteering Glasgow

TOP TIP!

If you are searching for paid experiences, like stadium tours, go karting, or other days out, also add words like 'Discount' or 'Special Offer' to your search. You might be able to save lots of money for the people you support!

Adventure Huddles

Share your adventures. Learn from others. Win top prizes!

A colleague from every service will attend a fun weekly regional Adventurer Huddle. In these short online sessions, you'll inspire each other by sharing the brilliant things that you discover.

Every huddle will see a team crowned 'Adventurer of the Week'.

Will you win our top regional weekly prizes? Prizes are:

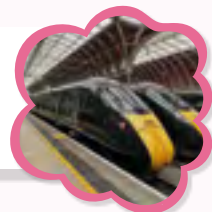
You're the Tourist Week: £100 Experience Day Voucher



Buddy Up: £150 Ticketmaster Gift Card



Free Treasure: 3-Year Disabled Person's Railcard for people we support in your service



Biggest Adventure Possible: £250 Hotel Gift Card



WATCH THIS SPACE

Calendar invites will be sent out to these meetings.

Service Leaders and Regional Managers: Please ensure that your services are represented at these events.

"I can't wait to see your achievements and to discover who be collecting these top awards" - Jim Kane, CEO



Share Your Story

Let's spread inspiration across the nation!

We need you to share photos, video clips and updates from your adventures on Viva Engage (Yammer) using the hashtag #BigAdventure. We can build a movement together! You might be our...

Adventurer of the Day

Celebrated across our charity

Adventurer of the Week

Winning a £100 experience day!

Bring Home The Trophy

Our most inspiring adventurers will receive special awards...

Breaking Barriers Award

For a team that has seen beyond challenges to experience meaningful outcomes.



Joy Award

For an adventure that lit up the people we support.



Impact Award

For an Adventure that will have a long-lasting positive impact on the lives of the people we support.

Dreamwork Award

For working as a team to achieve brilliant outcomes.



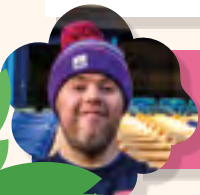
Creative Adventures Award

For discovering fantastic new things previously unknown in the community.



Getting Active Award

For Adventures which have featured energising physical activity.



"Adventure is for everyone! Share your stories to help share the inspiration" – Oliver Thomason, Inclusion Coordinator

The Adventure Continues!

The Big Adventure is about more than a month of fun. It's about leaving a lasting impact on the lives of the people we support.

- Reflect on the experiences you have had.

What went well and what would you do differently?

- Consider how we can further this impact and use it to refresh care plans:

Did you discover new insights about the people you support?

How can you build on them? Will you repeat any of these experiences?

Your Memory Book in this pack is a good way to get creative with your reflections.



Share the inspiration:

Discovered something awesome? Share it with your other local services to help them.

Share your experiences each week on Viva Engage with the hashtag [#BigAdventure](#)

Make sure you share your experiences at your regional adventure huddle as well as with family members and colleagues.



Thank you Adventurers! We can't wait to see what you do next...

The Big Adventure has been made possible thanks to Community Integrated Care's partnership with Okta.

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