



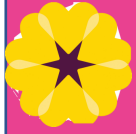
IDEAL
FOR ALL

Integrated Health, Wellbeing and
Employment Support

About Us

- User led charity for people with disabilities formed in 1996
- Helped over 23,000 people since 1996
- Based in West Midlands
- Deliver a range of person-centred services including:
 - Integrated health, wellbeing & specialist employment support
 - Condition management & peer support
 - Direct Payments
- **Growing Opportunities** - Social enterprise with 3 market & community gardens





Our sites

Growing Opportunities

Is a combined health & wellbeing, therapeutic horticulture and local food growing initiative.

Our mission - help people to fulfil their potential, fully participating in healthier, happier and more inclusive communities; making life better for all of us.

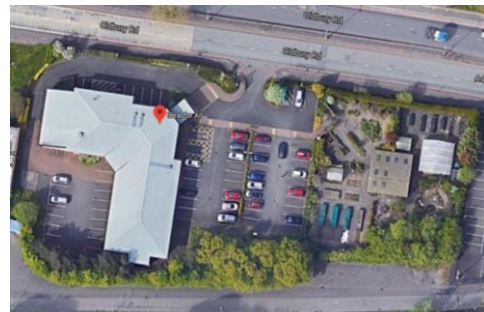
Those involved report positive improvements to mental/physical health & wellbeing, reduced isolation, improved knowledge, skills and opportunity, access to suitable employment and increased independence.



Salop Drive Market Garden, Oldbury, B68 9AG



Barlow Road Community Garden, Wednesbury, WS10 9QA



**Malthouse Therapeutic Garden
The Independent Living Centre, Smethwick, B66 1JE**



Reclaiming Derelict Land.....the challenges we faced together

In partnership we co-produced initial site development with the help of:

- The local Neighborhood and Allotments
- Our trustees, participants, volunteers and staff
- Local Authorities and the Public Health team
- Veolia Environmental Trust
- Power to Change
- Cory and St Modwin....to name a few



What Difference do we make?

“It has made a real change to my life. I’m starting to understand and get help. It’s a lifeline”.



OUR THEORY OF CHANGE

NEED

Disabled people are more likely to live in poverty & be affected by multiple barriers.
Policy makers need to speak & listen to disabled people.

ACTIVITIES

Disability & Employment Information & Advice
Self-Directed Support Services
Sharing knowledge & evidence
Health & Wellbeing Activities
Peer support & Social Groups

LONG TERM OUTCOMES

Improved confidence & aspiration
Stronger, active more inclusive communities
Improved local environment
Improved quality of life & more people living independently

INTERMEDIATE OUTCOMES

Self reliance
Increased Independence
Positive sense of well-being
Improved skills & employment prospects
Increased access to services

IMPACTS

Health & Wellbeing Improvements
Increased community cohesion & connectivity
Community & individual resilience
Reduced reliance on statutory services
National & local policy that addresses the needs of disabled people

What have we achieved together?



OUR IMPACT 2020-2021

2011
PANDEMIC RELATED WELFARE CALLS MADE

1490
PEOPLE SUPPORTED TO MANAGE THEIR OWN CARE THROUGH SELF-DIRECTED SUPPORT SERVICES

1080
NEW VOLUNTEER HOURS

1.6
TONNES OF PRODUCE DISTRIBUTED TO LOCAL COMMUNITY

83%
PEOPLE REPORTING INCREASED CONFIDENCE, SELF-ESTEEM & INDEPENDENCE

72%
PEOPLE DEMONSTRATING IMPROVED SKILLS & EMPLOYABILITY

65%
PEOPLE REPORTED IMPROVED MENTAL WELLBEING

34%
TRAINING & EMPLOYMENT OUTCOMES across all programmes

Our Impact report

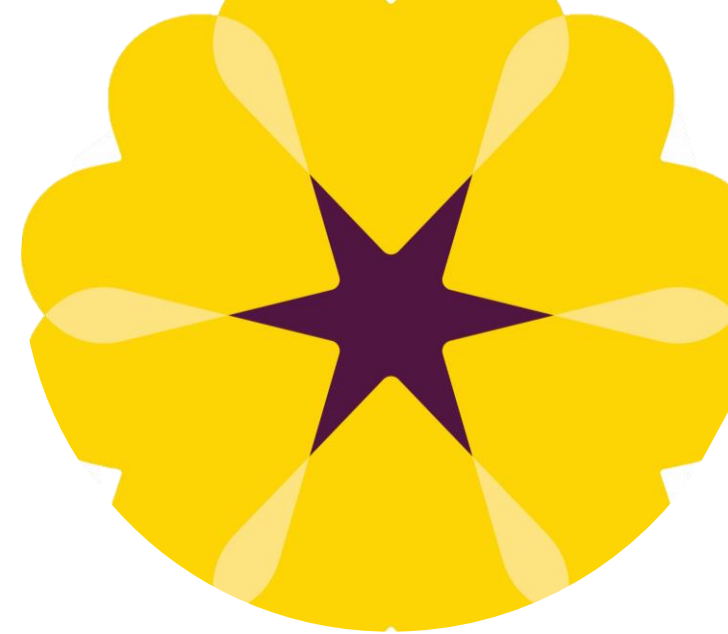


"Trying to connect with others was hard at first but now I've done it with the right help and support I am able to leave my house and go somewhere safe. I now have a routine in my life. I don't feel afraid anymore".

IDEAL FOR ALL PEER SUPPORT



Welly to Belly



As well as working with adults of all ages across the year we work with schools who book sessions and run HAF activities during the school holidays where we show kids the idea of Welly to Belly

This is showing them the connection to where their food comes from, starting from sowing the seeds through harvesting to cooking a meal with the produce

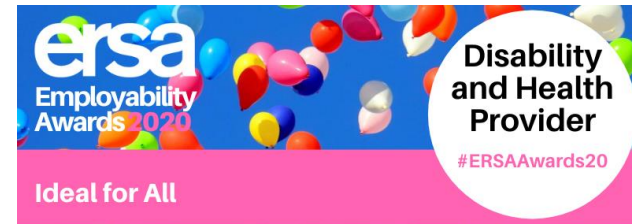
Award winning person-centred services



WMCA Community Learning Provider of the year 2023 – specialist in support disabled people across the region



Listen to our users and the difference we make across the region together by clicking [here](#)



ERSA Disability and Health provider of the Year 2020

*“Thank you very much for the help and support you gave my daughter; you have given her motivation and something to look forward to and have supported her.”
(K.Sup)*

How do I get refer?

To join or make
a referral please
call 0121 558
5555 Option 2 or
email

contactifa@idealforall.co.uk

For more information,
please contact one of our
team today or find out
more about our work at
www.idealforall.co.uk

