How to Get In touch with Adult Services

- If you would like advice and information about any of our services or would like an assessment, please contact Nottingham Health and Care Point in the first instance on: **0300 131 0300**.

- **In an emergency** (Where the situation is urgent and cannot wait until the next working day) between the hours of 5:00pm and 08:30am, please contact: **0115 8761000**

- Your Contact is:

- Their contact details are:

Nottingham City Council

Nottingham Pathway Service

Supporting you to do more for yourself

Safer, cleaner, ambitious Nottingham
A city we're all proud of

Nottingham City Council

What is NPS?

The Nottingham Pathway Service (NPS) is an in-house service that is aimed at supporting people with learning disabilities to increase their independence. It does this by working together with citizens to identify areas in which they lack confidence, then provides them with short term, intensive support to learn a new skill or develop existing ones.

Pathway Workers will work with you for up to 12 weeks to develop independence in a particular task, for example shopping or cooking.

NPS is not registered with CQC, as it does not provide support for any regulated activities.

How do I find out more?

Speak to your care manager

Telephone: 0115 8786270 (south of City)
Telephone: 0115 8838588 (North of City)
Or
Email: Pathway@nottinghamcity.gov.uk

How much does it cost?



It will not cost you anything to have support from a Nottingham Pathway Worker.

How long does it last?



The support will be up to 12 weeks to support you to do more for yourself.

The Nottingham Pathway Service can help you with:



- Preparing for work



- Cooking
- Household tasks



- Budgeting
- Activities



- Keeping safe
- Keeping well



- College courses/training
- Telecare equipment

People who have benefited from NPS (In other areas of the country)



We supported Robert to look for social activities and develop skills to do more for himself. Robert is now much more independent. He does not need as much support as before, makes his own breakfast and lunch and has made friends at the activities he goes to. Roberts says, “I am pleased I am doing more for myself.”

Sadie wanted to find activities or voluntary work with animals. She now volunteers at a dog charity one morning a week. Sadie says, “I love doing this, it makes me feel good!”

We supported Lois to find information about local activities and advice on how to find voluntary work. Lois says, “It’s been great I really needed the support”.





What do you want to be able to do ?







