

Guideposts Trust

**Looking ahead to
life beyond college**

**National Star College
24 October 2025**



Agenda



About us



About our programmes



How you can attend



Questions



We are Guideposts Trust

Working to ensure no one is left behind

Charity established in 1972, with a clear goal:

To demonstrate that with the right support, and care, people with additional needs can live full, independent lives within their communities.





Our Vision

A society where no-one is overlooked – where everyone is empowered to thrive, and every life is valued.

Our Purpose

To support people who are isolated, excluded, and invisible to society, particularly those with **mental health conditions, learning disabilities, dementia, and their carers**, to live fulfilling, connected lives.



Our Mission

To empower people to **recover, connect, and grow** by providing personalised, community-based support, that enables them to navigate challenges, away from crisis and towards an included and purposeful life.

Our programmes:

Designed to support your needs



Day Opportunities
Guideposts Academy
Friendship for All

Recover

Mental Health &
Wellbeing



Grow

Inclusive activities,
Skills & Independence



Connect

Friendships &
Community
Connections



**Guideposts
Trust**

Our Programmes:

Supported by robust foundations :



Safeguarding and risk assessments



Person Centred - Appropriate staffing and ratios – 1:1 upwards



Clear communications – all support network – part of our community



Goal based outcome support plans



Clear impact assessments and progress tracking

Our People:

Skilled and passionate team of professionals

“At the heart of our service is a welcoming and supportive community, a place where everyone feels they belong, can build lasting connections, and thrive.” Staff 2025



Grow

Inclusive activities, Skills & Independence Programmes

“ I enjoy being busy, meeting new people, learning new things. I always laugh here and feel happy. [I have] So many friends now. And everyone is really lovely here and have a kind heart. ”

(Hub member, 2025)

98%

User satisfaction in 24/25

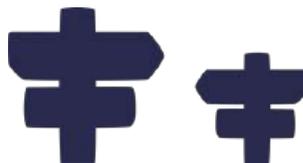


Guideposts Hubs

Friendly, accessible centres that connect people to meaningful activities within the hub and across the community.



-  **Stroud**
-  **Witney**
-  **Chipping Norton**
-  **Watford**
-  **Ware**





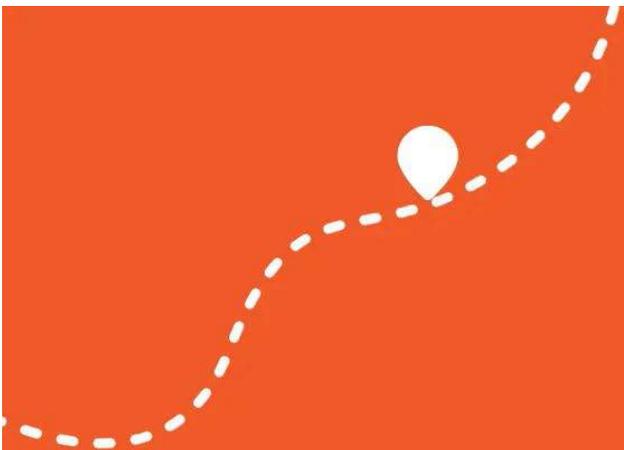
Guideposts Hubs

Welcoming spaces where members can explore a variety of meaningful weekday activities, outings and trips aligned with their interests and goals:

- Shopping & cooking
- Outings to leisure centres, cafés, parks
- Arts & crafts
- Games & Quizzes
- Music making, singing choir
- Gardening
- Relaxation, yoga & meditation
- Fitness
- Fun trips to various destinations

Our **co-created activity programmes** support personal growth, independent living skills, and lasting social connections and friendships.





Day Opportunities



Guideposts Academy

- **Learning and skills development opportunities.**
- **In partnership with Asdan, leading to GSCE equivalent qualifications.**
- **15 weeks modular training programme leading to Asdan bronze, silver and gold awards.**
- **Enhance life and employment skills.**
- **Range of short courses to choose from.**



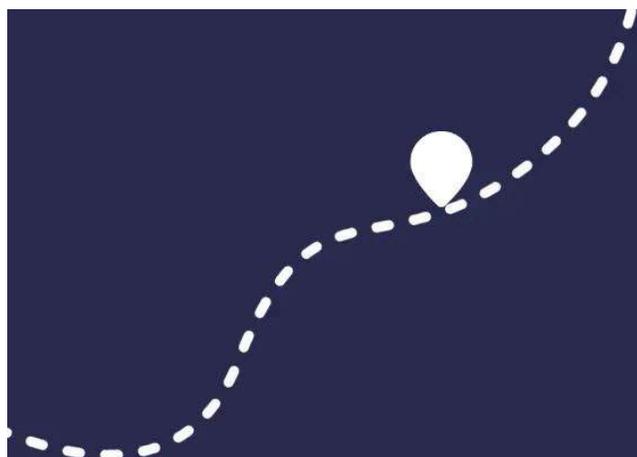
Guideposts Academy



Guideposts Academy Bronze Award Food Skills Course 2026 (Sample)

Week	Focus	Module & Activities
Week 1	Introduction to Food Skills	Health and Survival <ul style="list-style-type: none"> • Outcome: Understand why food skills are important for daily life • Activity: Explore kitchen tools and food types • Skills: Communication, sensory awareness • Evidence: Food collage, kitchen tool checklist
Week 2	Kitchen Safety & Hygiene	Keeping Safe <ul style="list-style-type: none"> • Outcome: Learn basic kitchen safety and hygiene rules • Activity: Handwashing practice and cleaning surfaces • Skills: Safety awareness, routine building • Evidence: Hygiene poster, safety checklist
Week 3	Identifying Healthy Foods	Healthy Living <ul style="list-style-type: none"> • Outcome: Recognise healthy vs unhealthy food choices • Activity: Sort food images into healthy/unhealthy groups • Skills: Decision-making, nutrition awareness • Evidence: Food sorting sheet, discussion notes
Week 4	Preparing Cold Snacks	Making and Growing <ul style="list-style-type: none"> • Outcome: Make a simple cold snack (e.g. sandwich, fruit salad) • Activity: Follow step-by-step instructions • Skills: Sequencing, independence • Evidence: Recipe sheet, photos, tasting chart
Week 5	Using Kitchen Equipment	Taking Responsibility <ul style="list-style-type: none"> • Outcome: Safely use basic kitchen tools (e.g. peeler, grater) • Activity: Practice using tools with supervision • Skills: Fine motor skills, safety • Evidence: Tool use checklist, photos
Week 6	Exploring Food Labels	Managing Money <ul style="list-style-type: none"> • Outcome: Understand food packaging and labels • Activity: Compare food labels and identify key information • Skills: Reading, nutrition awareness • Evidence: Label worksheet, food packaging samples



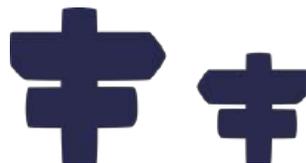


Guideposts Academy



Outdoor wellbeing hub

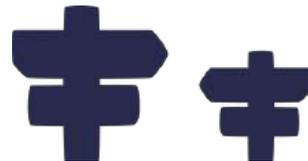
- Priority re-development project near Witney
- Gardening: from seed to plate
- Woodworking
- Heritage craft
- Garden art
- and much more...





Forest School & Bushcraft

- Hands-on outdoor experiences
- Opportunities to learn practical skills like heritage craft, fire-lighting, shelter-building, and tool use
- Problem-solving, resilience, and teamwork in a natural setting
- Integrated mental health support – CBT base



Connect

Friendships & Community Connections Programmes

“

I wasn't going out and meeting people before joining Friendship 4 All. I am so much more confident when out and about now. I do more things on my own.

(Friendship4 All member, 2025)

”

99%

User satisfaction in 24/25



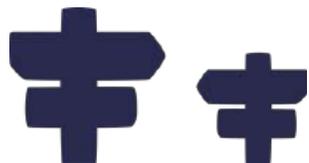
Friendship 4 All

Regular in-person and online social groups that help build lasting friendships locally and beyond.



-  Oxfordshire
-  Hertfordshire
-  Gloucestershire

Support to develop the confidence and skills to pursue interests and relationships independently.



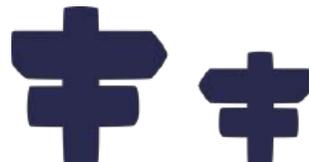


Friendship 4 All

Opportunity to engage in a variety of co-created, peer-led, and staff-facilitated social activities:

- Pub
- Boogie bingo
- Mini golf and bowling evening
- Quiz night
- Disco parties & celebrations
- Online escape room
- Bonfire night & fireworks
- Fun Trips to where members wish to go e.g Legoland, Seaside, Christmas lights

Independent travel



Friendship 4 All - monthly or weekly



Friendship 4 All - Oxfordshire Programme (monthly)

Month	Event	Location
January	Pub club	Oxford
February	Boogie bingo	Online on Zoom
March	Junk Yard Golf	Oxford
Quarterly	Wembley Stadium Tour	London
April	Online Arts and Crafts	Online on Zoom
May	Farmers Dog Pub	Burford
June	Summer & Quiz Party	
Quarterly	Day Trip to Seaside	Weston Super Mare
July	River Cruise	Oxford
August	Online Escape Room	Online on Zoom
September	Hollywood Bowl	Oxford
Quarterly	Legoland	Windsor
October	Ghosts Tour	Oxford
November	Fireworks	Abingdon
December	Fancy Dress Christmas Quiz & Party	tbc
Quarterly	Christmas Lights	tbc



Friendship 4 All - Hertfordshire Weekly Programme

	Frequency	Event	Location
Monday	Weekly	Art Group	St Albans
	Fortnightly	Community Friendship Club	North Herts
Tuesday	Monthly	Brunch Club	Welwyn/Hatfield
	Fortnightly	Community Friendship Club	East Herts
	Fortnightly	Fit for Fun	St Albans
Wednesday	Monthly	Friendship Club	St Albans/ Harpenden
	Weekly	Wonderful Wednesday Social Group	Stevenage
Thursday	Weekly	Lunch Club	Stevenage
	Fortnightly	Community Friendship Club	Cheshunt
	Fortnightly	Community Friendship Club	Hoddesdon
Friday	Monthly	Snooker Group	St Albans
	Weekly	Walking Groups	North Herts & St Albans
	Fortnightly	Community Friendship Club	Hertford/Ware
	Monthly	Lunch Group	St Albans
Weekends & Specials	Fortnightly	Community Friendship Club	East Herts
	Weekly	Art Group	Harpenden
Weekends & Specials	Weekly	Lunch Club	Harpenden
	Fortnightly	Community Friendship Club	East Herts
Weekends & Specials		Half and Full day trips eg. Seaside Trips, Christmas Shows Discos	



Friendship 4 All - Gloucestershire Weekly Programme (sample)

Quarter	Event	Location
Jan-Mar	Pub Club	Gloucester
	Community Friendship Club	Stroud
	Boogie bingo evening	Online on Zoom
	Valentines Evening	Cheltenham
	Quizz night	Online on Zoom
	Community Friendship Club	Cirencester
	Putt Putt Crazy Golf	Gloucester
Quarterly	Community Friendship Club	Cheltenham
	Art & Crafts	Online on Zoom
	Community Friendship Club	Chipping Norton
Apr - Jun	Quarterly Bristol Docks and SS Great Britain	Bristol
	Quizz Night	Online on Zoom
	Pub Club	Gloucester
	Community Friendship Club	Cheltenham
	Boogie Bingo	Online on Zoom
	Community Friendship Club	Stroud
	Online Arts and Crafts	Online on Zoom
Quarterly	Tenpin Bowling	Cheltenham
	Community Friendship Club	Cirencester
	Summer & Quiz Party	Gloucester
	Community Friendship Club	Stroud
Quarterly	Day Trip to Seaside	Weston Super Mare



Friendship 4 All



Guideposts Community Partners

-  **Stroud Valleys Artspace is hosting an Exhibition featuring Artwork by members of Guideposts Stroud Hub.**
-  **Burford Garden Company sponsor of Guideposts Outdoor Wellbeing hub since 2021.**
-  **Ice Oxford & Parker Bullen Solicitors fundraising in aid of Guideposts Witney Hub since 2023.**
-  **Simmons Bakery has proudly supported our Friendship 4 All lunch groups for over 10 years, bringing joy, great food, and a warm experience to our members every time.**





Prices

Inclusive Funding model:

- Personal budgets/Local Authority contract
 - Direct pay
 - Mix of above
- Short-term 2025/26 – based on demand/interest
 - Longer-term – work with commissioners to create an integrated pathway to our community
 - Continuity in the transition via tasters





Pricing Guide 2025/26

Prices vary depending on staff support ratios. The following are based on a 1:3 / 1:4 ratio.

Hub Activities

Day sessions: £47.50 – £76.45

Shorter sessions: £11.66 – £12.50

Guideposts Academy

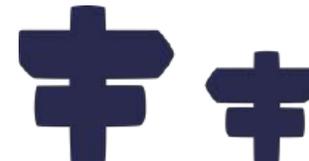
Day courses: £47.50 - £60

Friendship 4 All

Membership donation: £5 / month

Online sessions: free - included in membership

In-person activities: Members pay per activity





Your questions are
welcome



Thank you.

To learn more about our work, visit

www.guideposts.org.uk

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Guideposts Trust Limited is registered in England as a company No. 1282361 and registered with the Charity Commission No. 272619.

