



Route to Learning Trustees Report 2022

Zest Route to Learning

Registered charity number: 1170944

Period covered 1 October 2020 to 30 September
2021

Charitable Incorporated Organisation

Zest became a Charitable Incorporated Organisation (C.I.O) on 3rd January 2017

Object:

The object of the C.I.O is to act as a resource for young people living in Peterborough by providing assistance and organising programmes of physical, educational and other activities as a means of providing recreational and educational activity in the interests of social welfare for people living in the area of benefit who have need by reason of their youth and infirmity or disability with a view to improving the conditions of life of such persons.

Meeting our Purpose

Zest has supported adults with a wide range of learning disabilities and autistic spectrum difficulties offering day opportunities and tailored support.

Zest works in partnership with others, people with disabilities, families, carers, professionals to ensure that support meets the needs of each individual. Service-users interests, goals, likes, dislikes and needs are used to create an individual plan for each person accessing the service.

Zest has provided a multi-disciplinary hub where there are opportunities for life skills, work skills, education, arts and crafts, health and fitness.

Day Opportunities are offered to adults with learning disabilities and autistic spectrum difficulties Monday to Friday, 9.30am to 4.00pm

Zest also supports individuals with disabilities to access the wider community, taking part in sports and fitness, swimming, bowling, visits to places of local interest, developing work skills and social skills, taking part in cultural and religious events.

Our Values:

- We embrace diversity and respond to individual need
- We promote the rights of individuals
- We build and maintain independence, confidence and empowerment, supporting each individual to achieve their potential
- Our interactions are transparent, open to scrutiny and built on trust and accountability.
- We continuously improve the quality of what we do by consulting on our actions.

Activities:

This year, Zest has supported 22 adults with learning disabilities and autistic spectrum difficulties in and around Peterborough.

Service-users worked with an artist Tutor to create their own original artwork and sell their work online. Service-users also enjoyed painting murals, sewing and music. Independent lifeskills included cooking food from different cultures, food safety, shopping and support to handle money. Healthy eating education and choices are promoted. Workskills training includes learning to use the computer. Cultural and religious events celebrated included Christmas celebrations and an Eid Party. Visits to the local mosque were supported for those who chose this. Daytrips included Woburn Safari Park.

Zest supports service-users to develop friendships and positive relationships.

Zest staff complete induction training provided through Peterborough Adult Social Care. Zest has also welcomed the

contribution of Health and Social Care students on placement and volunteers.

Satisfaction Survey:

Zest Satisfaction Survey 2017 was sent to service-users and their family carers.

Zest service was rated as Excellent or very good with a majority of family carers reporting that the adult with a learning disability was happier (91%) had more access to the community (81%), less challenging behaviour (63%) good relationships with support workers (100%).

Zest family carer survey showed that many family carers feel isolated. Most expressed a wish for support to access services and the opportunity to meet with other family carers. Language was identified as the biggest barrier to accessing support with support in Punjabi and Urdu most requested.

Zest enables families from diverse cultures to access support and can provide support in languages additional to English, which helps to reduce inequalities in access to support services from BAME communities in Peterborough.

Funding and sustainability:

Zest main source of funding has been Adult Social Care Direct Payments for individuals with disabilities, autistic spectrum difficulties and long term conditions and NHS Continuing Care Funding for individuals with complex needs.

Trustees

Trustees	Trustee Name	Office (If any)
1	Kamran Hussain	Chair
2	Mohammed Ali	Treasurer
3	Erum Ali	Contact

Declaration
Zest Route to Learning

Unit 4, Prospect Place, Fengate, Peterborough PE1 5QP
Registered charity number: 1170944

The Trustees declare that they have approved the Trustees Report above.

Signature: kamran Hussain

Full Name: Kamran Hussain

Position (eg Secretary, Chair): Chair

Date: 29/03/2022