



Welcome to Thrive

A weekday provision where young people and adults build confidence, independence and real-life skills.

For people aged 16+ with learning disabilities, autism and Down syndrome.

Based at the DSC Hub, Northwich.



WHAT THRIVE OFFERS



Thrive Club

Structured daytime support focused on life skills, community experiences, health, digital confidence and friendships.



Thrive Evenings

Safe, social evening activities that build connection, confidence and independence.



Thrive Chill

A calmer, low-demand option for people who thrive in quieter spaces, with reduced demands, tailored pacing and quiet zones.

A WEEK AT THRIVE

MONDAY



Life Skills

TUESDAY



In the Community

WEDNESDAY



Healthy Lifestyle

THURSDAY



Digital Skills

FRIDAY



Freestyle

YOUR JOURNEY INTO THRIVE



1. Initial conversation



2. Visit the Hub



3. Taster session



4. Offer, forms and planning



5. Start Thrive and review

We take time to get to know each person and make sure Thrive feels like the right fit.

KEY INFORMATION



Age 16+



Available Monday - Sunday, 9.30am-9pm depending on programme



DSC Hub, Northwich



Direct Payments, personal budgets and private funding welcome

OUTCOME HIGHLIGHTS



Independence



Communication



Community inclusion



Wellbeing



Digital confidence



Friendships



Resilience



Email thrive@dscheshire.org.uk to enquire about Thrive

Book a visit • Register interest • Request commissioning information



A week at Thrive.

Every day has a clear theme, with practical learning and real-life experiences.



MONDAY — LIFE SKILLS

- Cooking
- Food preparation
- Shopping lists
- Money management
- Budgeting
- Menu choices
- Customer service
- Taking orders
- Working as a team
- Planning community trips
- Using digital skills
- Travel planning



TUESDAY — IN THE COMMUNITY

- Visits to parks and garden centres
- Community outings
- Travel training
- Local shop visits
- Cooking and eating out
- Money management
- Budgeting
- Menu choices
- Soft skills
- Social boundaries
- Developing friendships



WEDNESDAY — HEALTHY LIFESTYLE

- Movement and wellbeing
- Zumba
- Boccia
- Padel tennis
- Walking and outdoor activities
- Cooking
- Healthy eating
- Hydration
- Building confidence



THURSDAY — DIGITAL SKILLS

- Develop skills on Word
- Typing
- Emails
- Phones
- Texting
- Taking photos
- Video calls
- Internet safety
- Digital art
- Plus life skills such as money management, budgeting and menu choices



FRIDAY — FREESTYLE

- Member-led choice
- Cooking
- Zumba
- Crafts
- Community outings
- Friendships
- Social interaction
- Money management
- Budgeting
- Menu choices



COMING UP IN THE NEXT FEW MONTHS



Communi-Tea
Cafe



Grocery
budgeting



Pub lunches to
develop budget skills



Meal
planning



Gardening &
park visits



Fruit tasting &
smoothies



Padel
tennis



Boccia



Zumba



Community trip
planning &
travel planning



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Outcomes

Thrive supports

A weekday provision where young people and adults build confidence, independence and real-life skills.



Independence

cooking, shopping,
planning meals,
using money,
making choices.



Communication

ordering food,
taking part in groups,
asking for help,
social confidence.



Community inclusion

volunteering, local visits,
leisure activities,
public spaces.



Health and wellbeing

movement, healthy eating,
hydration,
emotional confidence.



Digital confidence

phones, internet safety,
Word, PowerPoint,
digital creativity.



Employability foundations

team roles, responsibility,
customer service, CVs,
job applications.



Friendships

shared activities,
member-led sessions,
social time, WhatsApp
family connection.



Resilience

trying new things,
reflecting, settling in,
reviewing what works.

Who Thrive is for

- age 16+
- young people and adults with learning disabilities, autism and Down syndrome
- no upper age limit
- focused on confidence, independence and transition to adulthood



Funding and practical information



We can support you applying for direct payments from the local authority.

Speak to us about this via admin@dscheshire.org.uk.



Email thrive@dscheshire.org.uk to enquire about Thrive



More ways to Thrive

Support that grows with each person — from structured daytime provision to calm spaces and social evenings.



Thrive Chill

A calmer, low-demand option for people who thrive in quieter spaces.



- ✓ Reduced demands
- ✓ Tailored pacing
- ✓ Quiet zones
- ✓ Slower, member-led pace



Thrive Evenings

Safe, social evening activities that build connection, confidence and independence.

Examples include:

- Bowling
- Mini Golf
- Karaoke
- Make & Munch
- Karaoke & Disco



Thrive Weekends — COMING SOON

New weekend opportunities on Saturdays and Sundays, with social, community and leisure experiences.



“We feel incredibly lucky to have Thrive and would not hesitate to recommend it to anyone looking for a meaningful, engaging and supportive environment for their young person.”

DSC Family



Email thrive@dscheshire.org.uk to enquire about Thrive

Your journey into Thrive



Starting something new can feel like a big step. We take time to get to know each person and make sure Thrive feels like the right fit.



Thrive pricing bands

Pricing bands reflect the level of support needed, so each person receives the right support.
Weekday adult day provision (6.5 hours)

A Band A — Standard Support

£97.75 per day
£15.04 per hour



Suitable for:

- Members who are largely independent
- Require general supervision and guidance
- Can engage in group activities with minimal support

Includes:

- Full Thrive programme access
- Group-based activities
- Standard staffing ratios
- General wellbeing and behavioural support

Why this rate:

- Covers core staffing, programme delivery and overheads

B Band B — Enhanced Support

£122.19 per day
£18.80 per hour



Suitable for:

- Members needing extra prompting, structure or supervision
- May need support with communication, emotional regulation or transitions
- Need closer staff oversight within group settings

Includes:

- Increased staff input and supervision
- More tailored support within sessions
- Adjusted activities to meet individual needs
- Increased planning and staff intervention

Why this rate:

- Reflects higher staffing ratios and more individual facilitation

C Band C — High Support / 1:1 Support

£146.63 per day
£22.56 per hour



Suitable for:

- Members requiring dedicated 1:1 or near 1:1 support
- Individuals with complex behavioural, safety or communication needs
- Those requiring constant supervision or intervention

Includes:

- Dedicated or significantly increased staffing ratio
- Individualised support throughout the day
- Adapted delivery of all activities
- Ongoing risk management and support planning

Why this rate:

- Reflects direct 1:1 staffing costs plus added planning and review time



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