



case

Start your journey today...

“
It is a privilege to welcome you
to an extraordinary learning
community where everyone is
actively engaged and
achieving excellent things,
every day.
MARK COOKE

Dear parents and carers,

Firstly, thank you for picking up this brochure. It means an incredible amount that you are considering CASE Training. Additionally – thank you for allowing me to talk about CASE and all the wonderful things that happen here.

Inspirational, Joyous, Always Achieving

A big part of my role is to visit the training rooms to speak directly with trainees. Trainees are very open and honest, and I enjoy chatting to find out exactly what they like about CASE and how we can improve what we do, offer, and plan. So, for me to be able to relay these thoughts to you – it's very special!

The CASE family

Many trainees tell us how they love attending CASE to meet with their friends; it has been described as the “CASE family”. A huge part of CASE is the social aspect, including our much-loved sports events where we get a great sense of teamwork and independence. There are bags of opportunities to learn new skills here, and we know this because we watch each of our trainees grow and blossom.

Life at CASE is whatever you want it to be

Life at CASE is a beautiful balance of work, rest, and play – exactly as life should be! It's also full of adventure, fun, and learning new skills; our trainees will even have the freedom to choose their timetable based on the subjects they enjoy while getting a high level of support and encouragement.

The CASE values

On a parting note, I would like to share some of our CASE family values with you.

- We consistently strive for our trainees to be happy, and comfortable – both physically and mentally – in all that they do.
- We teach our trainees all about diversity, equality, and cultural differences – and to love and respect others regardless of their similarities or differences.



“ I have been coming to case since 2024- it's so good for me as it helps me to build my skills and confidence. It's like a big family at CASE. I always have fun, it brings the best out of me. It's a journey that is filled with lots of joyful, caring people. Rachel is such a dedicated activity worker.



EMILY

“ I come on Mondays, Tuesdays, Thursdays and Fridays. I go into cooking with Glen. IT with Angie, Art with Nigel and English with Allison. Next year I want to try other lessons. I've got lots of friends here and I like the staff, thank you.



ALEX

“ I like to work in the kitchen to help others and make people feel very welcome. I also make delicious lasagne!



MELISSA

“ I like looking at artist makes me feel good a pictures in



SARAH

“ CASE is my favourite place to be. It always makes me happy and safe. My favourite part of Case is football and Tuesdays art, cooking group and Monday walking group.



GEORGE

“ CASE gets me out of the house and into the fresh air. I enjoy having lots of different things to do.



ADAM

“ I like coming to CASE because I get to make new friends. I love to cook at CASE and have joined the Drama group I love to dance.



DOMINIC

“ I enjoy coming to CASE because I meet new people and I like cooking in the kitchen. I like it when we go on outings and to cafes, I participate in learning disability meetings where I get lots of information.



ANDREW

“ I have been coming to case since 2024- it's so good for me as it helps me to build my skills and confidence. It's like a big family at CASE. I always have fun, it brings the best out of me. It's a journey that is filled with lots of joyful, caring people. Rachel is such a dedicated activity worker.



EMILY

“ I come on Mondays, Tuesdays, Thursdays and Fridays. I go into cooking with Glen. IT with Angie, Art with Nigel and English with Allison. Next year I want to try other lessons. I've got lots of friends here and I like the staff, thank you.



ALEX

“ I like to work in the itchen to help others and make people feel very welcome. I also make a delicious lasagne



MELISSA

“ I like looking at artist's work, it makes me feel good and creates pictures in my mind.



SARAH

“ CASE is my favourite place to be. It always makes me happy and safe. My favourite part of Case is football and Tuesdays art, cooking group and Monday walking group.



GEORGE

“ CASE gets me out of the house and into the fresh air. I enjoy having lots of different things to do.



ADAM

“ I like coming to CASE because I get to make new friends. I love to cook at CASE and have joined the Drama group I love to dance.



DOMINIC

“ I enjoy coming to CASE because I meet new people and I like cooking in the kitchen. I like it when we go on outings and to cafes, I participate in learning disability meetings where I get lots of information.



ANDREW

QUICK FUN FACTS

WHY WE ARE UNIQUE



**CASE WAS
ESTABLISHED 1985**

**OVER 100 TRAINEES ARE
CURRENTLY SUPPORTED**



**16 AWARDS WON FOR
GROW ALLOTMENTS**

**MANY SOCIAL EVENTS
HELD THROUGHOUT THE
YEAR**



**WE HAVE A WIDE
VARIETY OF
ACTIVITIES**

**CELEBRATING 40 YEARS
OF CASE**



CASE VALUES

Both our trainers and trainees take pride in our CASE Values – they helped to shape them, and now they live and breathe them! We believe that having a set of shared values is pivotal to creating a happy, safe, and empowering environment for our trainees. We frequently reevaluate our provision to ensure we meet the needs of all our trainees. Our CASE values are helpful prompts for trainees who find themselves needing a little confidence support.



WELLBEING

We believe every aspect of your life influences your state of wellbeing. From regular exercise, a balanced diet, a network of close friends, through to a sense of belonging, a safe physical environment and above all a sense of purpose and meaning.

RESPECT

We treat people with thoughtfulness, dignity, and with open minds.



DIVERSITY

We celebrate the diversity of our trainees and seek to create an environment where all people are valued and included.



EQUALITY

We promote equality, regardless of race, religion, age, gender and sexuality.

CATERING

Catering is at the heart of CASE. Guided by our staff, our trainees learn to prepare and cook food in a professional kitchen environment, before serving their delicious creations to other trainees and staff throughout the day.

Communication is key in any work environment, and catering allows our students to develop their communication skills and their ability to work together in a busy environment.

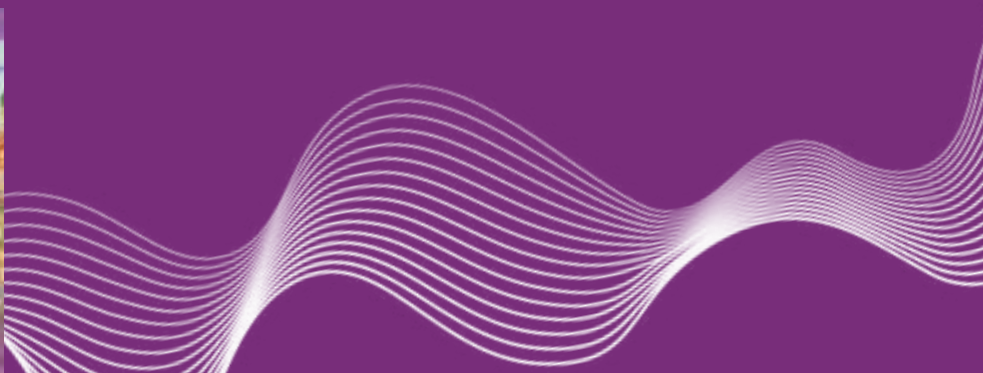
Catering is a cohesive, interactive team that highlights to our trainees their importance in the group. The trainees also learn about customer service, transaction skills and food hygiene, which are key in the hospitality industry.



CREATIVE ARTS

From self-portraits using oil pastels to painting the fine lines of a Yorkshire landscape – you'll do it all in our arts and creativity sessions! They are ideal for those looking at art classes for adults with learning disabilities – especially those with a passion for painting, sculpting, design work, and much more.

You don't need to bring anything with you to these sessions... just your best, unique, arty self! You'll be encouraged to weave your interests and hobbies into your pieces, and you'll be supported by our trainer.



DISCOVERY ROOM

Welcome to the Discovery Department!

Discovery offers a vibrant mix of activities, including creative writing, arts and crafts, recreational fun, performing arts, music exploration, meditation, and Tai Chi.

Sessions are designed to build confidence, encourage problem-solving, and develop cognitive skills, teamwork, and personal goals. In music and performing arts, we focus on vocal, movement, and instrumental activities, boosting confidence and creativity. You might even join us on stage - yes, we are Discovery on Tour!

In creative writing, we craft original stories, poems, and fables using mind-mapping techniques. Who knows? Your work might feature in our next book!

From art to calming Qigong, Discovery inspires self-expression and joy. Join us to unlock the wonder of you!



GROW

As an extension of our learning disability centre, we run four award-winning allotment plots which provide easy and engaging sessions in gardening for adults with learning disabilities.

We're proud to say our trainees thoroughly enjoy helping build, nurture and GROW our four allotments.

We grow flowers, fruit, and vegetables plus maintain a wildflower area where we keep a few beehives. This provides an excellent natural environment for our trainees to learn about gardening, growing produce, taking care of local wildlife and enjoying the great outdoors.

FUNCTIONAL SKILLS

We adopt flexible and meaningful delivery methods for each individual we support, ensuring their needs are met. Effective communication tools are used, including Makaton and easy-read resources.

We deliver literacy and numeracy as standalone life skill sessions and also embed these skills within lessons that are creative, fun and engaging to deliver a person-centred approach.

Trainees are able to progress and develop at their own pace and we ensure they receive a fully-rounded learning experience appropriate to their level or ability.



STEM

Our new STEM program brings together Science, Technology, Engineering, and Maths in an exciting and hands-on way!

Learners have already explored the Solar System, uncovering mysteries of the planets, moon, stars, and space travel. They've also delved into engineering, examining how different modes of transport, like cars and planes, work.

Next, STEM will focus on the human body, exploring its systems, what makes us unique, and what keeps us ticking. Future topics include incredible engineers, groundbreaking discoveries, and world wonders.

Through engaging activities, learners tackle science topics while using innovative technologies, learning from specialist visitors, and enjoying trips.

STEM at CASE is truly one to watch!



HEALTH & WELLBEING

Social interaction and surrounding yourself with hobbies are two things that help adults with learning disabilities to thrive.

At CASE Training Services, we vary our Health & Wellbeing activities greatly to suit the diverse needs of our trainees.

With a range of classes from creative arts to active groups such as football, walking, and yoga – our trainees are encouraged to spend time doing what they love most.

Our Health & Wellbeing trainer runs sessions at our CASE Training centre as well as at the local rugby ground, parks and other local outdoor venues.



ICT

The ICT department helps trainees learn to master the many different menus within MS Office. Skills taught range from basic to advanced use. Here at CASE, we are lucky to have full Canva Pro licences for all trainees to use. All trainees have their own directory to save their project work.

Our ICT lessons are all tailored around the ICT Skills Passport. Every trainee that attends the department has a passport and, when new skills are mastered, they are ticked off. The passport has seven different pages and each page leads to a certificate. Certificates are awarded at Easter, Summer and Christmas each year.

A typical day in ICT would be updating a journal, a little typing practice using TTRS, designing a project using Canva, completing typing tasks that tick off skills in the passport and working on personal projects.



INDEPENDENT LIVING

At CASE, fostering independence is at the heart of what we do. To celebrate our 40th anniversary in 2025, we're creating 40 healthy recipes highlighting fruits and vegetables. Each month features a breakfast, lunch, dinner, and snack, with occasional sweet treats for special events.

Trainees gain hands-on experience in essential skills like shopping, cooking, and keeping a clean kitchen. They also practice laundry, ironing, budgeting, and portion control while staying active with walking or music. Dietary needs, including vegan, vegetarian, and gluten-free options, are also covered.

By learning basic culinary skills with friends, trainees enjoy "eating the rainbow" while building healthier, more independent lives.



WELFARE DEPARTMENT

Every service user at CASE will have a dedicated welfare officer who will offer many aspects of additional support.

The welfare department provides support for behavioural and emotional needs, liaising with, and referring to, external agencies, health, safeguarding, benefits, housing and more. Each service user will have an individual support plan completed in collaboration with their welfare officer, trainers and information from relevant agencies.



The welfare team completes regular reviews for each service user and is available during the working day to discuss any issues, concerns or worries that may arise.

The welfare department also offers support to families and carers of service users and aim to have effective and clear communication with carers in order to best support the service user during their time at CASE.

Each welfare officer is trained in first aid, epilepsy awareness, the Mental Capacity Act 2005 and safeguarding awareness. They undertake regular training to improve and advance their knowledge and experience.

COMMUNITY ROOM

The Community Room builds on our Independent Living Suite, offering services to support independence and well-being.

Independent Living Skills: Develop essential skills like budgeting, time management, and keeping your living space organised.

Healthy Eating Options: Learn about balanced diets, take part in meal planning, and explore nutritious, tasty meal choices.

Community Connection: A welcoming space to socialise, meet new people, and strengthen friendships. Enjoy games, chat over tea, and share experiences in a supportive environment.

Join us in the Community Room to build confidence, improve your health, and connect with others in a friendly and safe space.



PERFORMING ARTS

In the Discovery department we step into the spotlight of self-expression, creativity, music and communication. Trainees can shine in the limelight or work on individual projects and share a sense of pride as they learn to work as a team or independently whilst openly expressing themselves.

Drama is a valuable, fun and educational environment in which we can express our personality through the performing arts. We can explore a variety of experiences and activities which in turn help us to support each other in developing a wide range of social skills. These include communication, collaboration, empathy and confidence when speaking in front of others.

The Discovery department provides a wonderful place where we can be who we want to be for that moment in time. Come and join us and sing along to your favourite songs, learn dances and be part of a dynamic fun packed team!



SPORTS DAY

CASE Sports Day is a highlight event of the year that brings together our trainees, staff, friends, and family for a day of sportsmanship and camaraderie at the West Hull Johnny Whitely Park.

The atmosphere is always electric as participants engage in a variety of thrilling activities, from classic races like the running race and sack race to engaging challenges such as bean bag balancing and the exhilarating water relay.

As always there is some friendly competition between CASE staff members and the CHCP team, adding an extra layer of excitement and teamwork to the event.

Amidst the cheers and laughter, participants demonstrated exceptional sportsmanship and teamwork, uplifting each other and celebrating every achievement.



GROW OPEN DAY

Each year we celebrate the culmination of a year's worth of hard work by our trainees and staff on our award-winning allotment plots with our GROW open day.

Experience the beauty of nature in full bloom as you explore our vibrant gardens. From colourful flowers to buzzing bees and thriving vegetables, our GROW Open Day is a testament to the dedication and passion of everyone involved.

Come and see for yourself the fruits of our labour and learn more about our mission to provide engaging opportunities for adults. Connect with our community, discover the joy of gardening, and be inspired by the success stories of our trainees and staff.



CASE FC 40TH YEAR ANNIVERSARY KIT







LET'S GET SOCIAL...

At CASE, we love to share what our trainees are up to. Follow us on Facebook, Instagram, X, YouTube and Instagram to see what we've been doing...



case



enquires@casetraininghull.co.uk



01482 320200



casetraininghull.co.uk



CASE Training, 60 Charles Street, Hull, HU2
8DQ registered charity no. 1051587

