

Like other support providers we are regulated and inspected to ensure a high quality of provision. We are committed to the following core values.

### Simple Shared Life

All the communities in the UK began by creating simple, shared home life in shared houses. This commitment to simple, shared life remains a core value and we are now exploring new ways of living in community and supporting people to live more interdependent lives, if that is what they choose, in their own flats or in smaller shared houses.

### Spirituality

L'Arche communities are faith based. We welcome people of all faiths and none. We believe that in order to grow we need to nurture the whole person, including our inner selves. We therefore make time for regular prayer and reflection within community life. This spirituality is central to what we do and who we are.

### Servant Leadership, Subsidiarity & Inclusion

We share our identity and mission and common policies but L'Arche is not a typical organisation with a top down management structure. Instead, we are committed to the concepts of servant leadership and subsidiarity; wherever and whenever possible, decisions are taken by those who they affect most. People with disabilities play a vital role in this process.

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## Solidarity

L'Arche in the UK is part of the Federation of L'Arche. Our membership of this international family plays a key role in our identity and vision and enriches the lives of those with and without disabilities who take part in its events and exchanges. The UK makes an essential contribution in terms of resources to this worldwide movement.

### Become Involved...

- Become an assistant
- Become a volunteer
- Become a trustee
- Make a one-off gift
- Make a regular gift
- Sign up to Gift Aid
- Get involved in sponsored or challenge events
- Get your company involved
- Find out more about leaving a legacy, giving shares, payroll giving

0800 917 1337  
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# Ask the question Experience the answer

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# About L'Arche

In a world that places such value on success and winning, L'Arche communities are places where people can take time to explore who they are, not just what they can do. They are places of welcome where people are transformed by an intense experience of community, relationship, disability and difference.

L'Arche is an international movement which builds faith based communities, with people with learning disabilities, all over the world. Our communities here in the UK support people with learning disabilities to reach their full potential.

L'Arche is a collaboration of, gifts, experience, time, expertise, commitment and resources. How could you become involved?

**Live-in or live-out, the role of the L'Arche assistant is complex, challenging, and ultimately very rewarding.**



## Working in a L'Arche Community

Whatever your stage of life, whatever your background and experience, L'Arche has something to offer, and so do you. We believe that as we live our ordinary moments together in community we experience something extraordinary and develop long lasting relationships.

People choose to work in a L'Arche community for a variety of reasons. Some are mature individuals wanting to give their lives new meaning through genuine and trusting relationships. Some come to L'Arche to learn or develop new skills and attitudes to people with a learning disability. Others may be professionals seeking a new context and deeper meaning within which to practice their chosen career. Whoever you are, in return for the gifts you'll bring, you will discover a very simple and honest joy in the relationships you build.

The main way of working in a L'Arche community is by living in a home with people who have learning disabilities and with other assistants; a home which reflects values of personal dignity, celebration and honest relationships.

A live-in L'Arche assistant will support people with learning disabilities to take part in community life, to cook, clean, and run a household, perhaps to go to work, to have a social life, to see friends and family and sometimes with their personal care.

Not all assistant's roles are live in. Each community is different and has developed services that are particular to the needs of the people it supports. Some people with disabilities are able to live in their own flats, supported by a network of relationships. Some communities offer day provision. Different services require different skills and need different types of assistants.

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