Kent County Council
Gravesend
Community Day Services

Making every day a good day!

www.kent.gov.uk/learningdisability
Hello

We would like to tell you about what we offer at Gravesend Community Day Services for people with learning disabilities.

This booklet tells you about lots of the activities you can do with us.

We cannot guarantee that you will be able to do all of them, but we will do our best for you.

How do I get the service?

If you would like to attend the Community Day Services, you will need to contact your Care Manager.

They will arrange a visit for you so that you can see what interests you.
Once you have visited the places where our activities happen you can have an agreed number of taster sessions/days to see if you like them.

If the service is not what you want you can change your mind or change the activities you do.

The staff will talk to you to make sure everything is okay and it is very important that you tell them if there is anything you are worried about.

After 3 months we will have a meeting to make sure you are happy with everything and you are getting the support you need.

While you are at the Community Day Service you will have a keyworker who will help you make a ‘Person Centred Plan’.

This will help us to give you the right amount of support that you need and to know what you like and don’t like.
Where activities take place

- Cascades Leisure Centre (CLC)
- Gravesend Library (GL)
- Gravesham Place (GP)
- Methodist Church (MC)
- Milton Haig (MH)
- Sikh Temple Gravesend (ST)
- Woodville Halls (WH)

When activities take place

- Takes place on a Monday (Mon)
- Takes place on a Tuesday (Tues)
- Takes place on a Wednesday (Weds)
- Takes place on a Thursday (Thurs)
- Takes place on a Friday (Fri)
- Ask a member of staff (Ask)
What you can do

Have a look at these activities, if you are interested in one you can put a tick next to it.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art and craft</td>
<td>A variety of art and craft projects Monday am, Tuesday pm and Thursday pm at Milton Haig.</td>
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<tr>
<td>Boccia</td>
<td>A fun game for all abilities as the game is played seated. All day Monday at Cascades Leisure Centre.</td>
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<tr>
<td>Cookery</td>
<td>Supporting you to plan, cook and budget for a meal. Monday and Tuesday mornings and afternoons, Wednesday, Thursday and Friday mornings at Milton Haig.</td>
</tr>
<tr>
<td>Activity</td>
<td>Description</td>
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<tr>
<td><strong>Community Walk</strong></td>
<td>A good way to get exercise and fresh air in the local community. Wednesday morning/afternoon and Thursday morning/afternoon.</td>
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<tr>
<td><strong>Cyclopark</strong></td>
<td>The opportunity to ride specially adapted bicycles in a safe area, and good exercise too. At Cyclopark every second second Friday.</td>
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<tr>
<td><strong>Community Allotment</strong></td>
<td>Work with the local group on the allotment project at Milton Haig on Wednesdays and Fridays.</td>
</tr>
<tr>
<td><strong>Discover transport</strong></td>
<td>Planning local journeys and trips using a variety of public transport. Monday am.</td>
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</tbody>
</table>
District Partnership Group

Meeting where you go along and get involved with issues affecting people with a learning disability. Supported by staff at community locations.

Employment opportunities

Learn new skills that will help to prepare you for work.

Finding out

Discover local history with a historian at Milton Haig and community venues on a Friday morning.

Film club

Group discussions to plan and make a film, as a team. Takes place at Milton Haig and community locations.
<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
<th>Day</th>
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</thead>
<tbody>
<tr>
<td>Football exercise</td>
<td>Exercise and play football while learning to improve your skills. Cygnets Leisure Centre and the local community on a Friday morning.</td>
<td>Fri</td>
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<tr>
<td>Gardening</td>
<td>Take part in all gardening activities at Milton Haig on a Friday morning.</td>
<td>Fri</td>
</tr>
<tr>
<td>Green grocers</td>
<td>Buying local fruit and veg for use in cookery groups at Broadditch farm.</td>
<td>Mon</td>
</tr>
<tr>
<td>Golf</td>
<td>Learn how the game is played and improve your coordination. At the Golf Centre, Cascades Leisure Centre, on a Friday afternoon.</td>
<td>Fri</td>
</tr>
</tbody>
</table>
Gravesham Place community activities

Quieter environment to enjoy art and craft, cooking, gentle music and movement and sensory activities at Gravesham Place.

Handbuilding pottery

Craft activity using self-drying clay at Milton Haig on a Wednesday afternoon.

Hands on massage

Relaxing hand and foot massage from a member of staff at Milton Haig on a Thursday morning.

Jabadao

Dance stretch and exercise to music at Milton Haig on a Tuesday morning.
**Jammin**

Planning and cooking preserves and jams from produce grown on our allotment on Tuesday afternoons.

**Library project**

Discover more about your hobbies and interests at Milton Haig and the local community on a Wednesday afternoon.

**Looking good**

Pamper session; painting nails, having your hair done and foot spa at Milton Haig on a Friday afternoon.

**Numeracy and literacy**

Learn new skills around reading, writing and numbers at Milton Haig on a Wednesday morning.
Music group
Community based interactive music activity playing instruments. Sing and dance along to songs at Milton Church all day Friday.

Music and singing
Play musical instruments and join in singing in a band at Milton Haig on a Monday afternoon.

Physio
Physiotherapy programmes and exercise supported by the Physiotherapy Team twice a month at Milton Haig on alternate Wednesday mornings.

Rebound
Gentle exercise with support at Cascades Leisure Centre on a Thursday morning.
<table>
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<tr>
<th>Sensory relaxation</th>
<th>Relaxing activities including; footspa, nail painting and hand massage within a sensory room environment. Milton Haig on a Wednesday morning, alternates with physio.</th>
</tr>
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<tbody>
<tr>
<td>Sensory interaction</td>
<td>Using sight, sound, smell and touch to aid communication and interaction. Gravesend Library on a Tuesday morning.</td>
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<tr>
<td>Sensory room</td>
<td>Relaxation with stimulating sound light and music via interactivity engagement ‘sensory Guru’ equipment. Milton Haig on a Wednesday morning and Thursday afternoon.</td>
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</tbody>
</table>
**Service User Forum**
Meeting where you can engage with other people over service, building or local issues. Occasional guest speaker at Milton Haig and local community venues on a Tuesday morning.

**Swimming**
A gentle form of exercise at Cascades Leisure Centre. On a Wednesday morning, Thursday morning and alternate Friday afternoons.

**Ten Pin Bowling**
A fun game at the Imperial Bowling Alley in Gravesend on a Tuesday afternoon.

**Women’s group**
Learn and talk about female health and wellbeing at Milton Haig and in the local community on a Thursday afternoon.
Woodland activities

Work in partnership with a local school at a woodland area in Cobham. Ask for more details.

Zumba

A fun way to exercise to music at Woodville Halls on a Tuesday afternoon.
All these activities are planned weekly looking at what people have chosen to do.

There are other activities which happen occasionally.

These are advertised when they become available.

If you think this is for you tell your care manager and we’ll do the rest.

If you cannot make an activity, because you are unwell, on holiday or have an appointment please tell us as soon as possible.

Telephone number: 03000 421 452
Gravesend Community Day Service
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This document is available in other formats and languages please contact us for more information.

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