

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



CLC

Cascades Leisure Centre



GL

Gravesend Library



GP

Gravesham Place



MC

Methodist Church



MH

Milton Haig



ST

Sikh Temple Gravesend



WH

Woodville Halls

When activities take place

Mon

Takes place on a Monday

Tues

Takes place on a Tuesday

Weds

Takes place on a Wednesday

Thurs

Takes place on a Thursday

Fri

Takes place on a Friday

Ask

Ask a member of staff



What you can do



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

Art and craft



A variety of art and craft projects
Monday am, Tuesday pm and
Thursday pm at Milton Haig.

Mon

Tues

Thurs

MH

Boccia



A fun game for all abilities as the
game is played seated. All day
Monday at Cascades Leisure Centre.

Mon

CLC

Cookery



Supporting you to plan, cook and
budget for a meal. Monday and
Tuesday mornings and afternoons,
Wednesday, Thursday and Friday
mornings at Milton Haig.

Mon

Tues

Weds

Thurs

Fri

MH

Community Walk



A good way to get exercise and fresh air in the local community. Wednesday morning/afternoon and Thursday morning/afternoon.



Cyclopark



The opportunity to ride specially adapted bicycles in a safe area, and good exercise too. At Cyclopark every second Friday.



Community Allotment



Work with the local group on the allotment project at Milton Haig on Wednesdays and Fridays.



Discover transport



Planning local journeys and trips using a variety of public transport. Monday am.



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.

Ask

Employment opportunities



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

Ask

Finding out



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

Fri

MH

Film club



Group discussions to plan and make a film, as a team. Takes place at Milton Haig and community locations.

Ask

MH

Football exercise



Exercise and play football while learning to improve your skills. Cygnets Leisure Centre and the local community on a Friday morning.

Fri

Gardening



Take part in all gardening activities at Milton Haig on a Friday morning.

Fri

MH

Green grocers



Buying local fruit and veg for use in cookery groups at Broadditch farm.

Mon

Golf



Learn how the game is played and improve your coordination. At the Golf Centre, Cascades Leisure Centre, on a Friday afternoon.

Fri

CLC

Gravesham Place community activities



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

Mon

GP

Handbuilding pottery



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

Weds

MH

Hands on massage



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

Thurs

MH

Jabadao



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

Tues

MH

Jammin



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

Tues

MH

Library project



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

Weds

MH

Looking good



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

Fri

MH

Numeracy and literacy



Learn new skills around reading writing and numbers at Milton Haig on a Wednesday morning.

Weds

MH

Music group



Community based interactive music activity playing instruments. Sing and dance along to songs at Milton Church all day Friday.



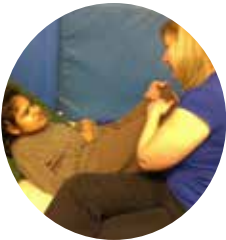
Music and singing



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.



Sensory relaxation



Relaxing activities including; footspa, nail painting and hand massage within a sensory room environment. Milton Haig on a Wednesday morning, alternates with physio.

Weds

MH

Sensory interaction



Using sight, sound, smell and touch to aid communication and interaction. Gravesend Library on a Tuesday morning.

Tues

GL

Sensory room



Relaxation with stimulating sound light and music via interactivity engagement 'sensory Guru' equipment. Milton Haig on a Wednesday morning and Thursday afternoon.

Weds

Thurs

MH

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.

Tues MH

Swimming



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

Thurs Weds Fri CLC

Ten Pin Bowling



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

Tues

Women's group



Learn and talk about female health and wellbeing at Milton Haig and in the local community on a Thursday afternoon.

Thurs MH

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
Milton Haig, Haig Gardens, Gravesend, Kent, DA12 1NE

Telephone: 03000 42 14 52

This document is available in other formats and languages
please contact us for more information.

Telephone : 03000 41 61 61

www.kent.gov.uk/learningdisability

37.9 : PJ/15/3/16

