

Kent County Council Shepway Community Services

Make every day a good day

Community activities, new skills, health and well being
and much more...



www.kent.gov.uk/learningdisability





Hello

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



This booklet tells you about lots of 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 Service, please contact your Care Manager.



They will arrange a visit for you and see what interests you. Once you have visited the places where our activities happen, your Care Manager will agree days to attend around your needs and agree a start date.



You will need to complete some forms so we have the correct information to support you.



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



It is very important that staff speak to you to make sure everything is okay.



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 key worker who will help you make a 'Person Centred Plan'.

This will keep your Care Manager up to date with how you are doing.

Where activities take place



Ash

Gateway/Stour and Bridge Centre



Bridge

Takes place at the Bridge Centre



Folke

Front Room



Marsh

Phase 2, Community Hub



Comm

Cheriton Community Network



Garden

Community Garden Hub



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

Where we are



Bridge Community Hub

Whitegates Close

Hythe, Kent, CT21 6BB

Telephone: 03000 414345



The Front Room Community Hub

Folkestone Sports Centre

Radnor Park Avenue, Folkestone,

Kent, CT19 5HX



Phase 2 Community Hub

The Marsh Academy, Station Road,

New Romney, Kent, TN28 8BB



Community Network Hub

378 Cheriton Road, Folkestone,

Kent, CT19 4SW



Community Garden Hub

New Romney, Kent, TN28 8AY

What you can do



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

Sewing



You can work on an idea of your choice. Bring your own materials or we can go into town and buy some with you.

Weds

Bridge

Cooking



Supporting you to make healthy meals using our fully accessible kitchen.

Mon

Tues

Weds

Thurs

Fri

Bridge

Tues

Thurs

Fri

Marsh

Boccia



A fun game needing good coordination. Equipment is available if you need more support.

Mon

Ash

Tues

Folke

Swimming



Fully accessible swimming pool, with hoist and staff trained in using swimming aids.

Ask

Folke

Ash

Bridge

Marsh

Volleyball



Energetic sport led by a trained instructor and supported by community day staff.

Thurs

Folke

Bowling



A fun activity normally happening once a month at Ashford.

Ask

Ash

Folke

Bridge

Bowls



Bowls takes place every Friday morning at the bowls club in Folkestone.

Fri

Folke

Bridge

Carriage riding



Can be booked for Friday afternoons. You need to be in good health and not using a collapsible wheelchair.

Ask

Folke

Bridge

Walk and talk



Takes place on a Thursday afternoon, after the walk there is time to talk at a local pub.



Community groups



Various trips out to local places such as a garden centre, the rare breeds centre and much more.



Newsletter



Help create our newsletter all about you and our service.



Ladies pamper



Relaxing activities including massage, foot spa, nail painting and face masks.



Gardening



On a Thursday taking part in all gardening activities and skills.

Thurs Garden
Ask Folke

Sensory room



Fully accessible with overhead hoist for a relaxing session.

Mon Tues Weds Thurs Fri Folke
Ask Bridge

Sensory interaction



Interactive equipment for all sensory needs, sensory walks within the local calming environment.

Mon Tues Weds Thurs Fri Bridge
Ask Folke

Hockey



Enjoy a game of hockey in the hall at Folkestone Sports Centre.

Weds Folke

Body and mind



Instructor led on Mondays during term times only. Limited spaces.



District Partnership Groups



Meetings where you can go along and get involved with issues affecting people with a learning disability. Supported by staff.



Exercise group



Thursday morning group to keep you active and healthy. Limited spaces.



Drama



Building your confidence and expressing emotions.



Art and craft



You can work on your own art projects.



Gym



These are planned around individual needs with a fully trained instructor.



Golf



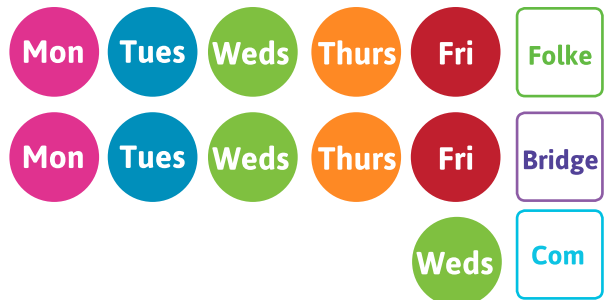
Takes place occasionally dependent on the weather.



Life skills



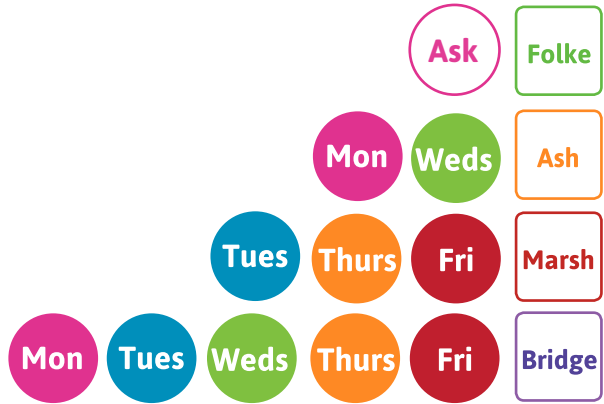
Road safety, discussing personal safety and how to access services.



Communication and I.T



Using the internet, touch switches and developing communication.



Book in the bag and library



Dates are organised by the library. Books in a bag can be collected and sessions run from the Bridge and Folkestone.



Pool and pub



Enjoy a game of pool and drink with friends at a local pub.



Shopping and café



Time to go out to get shopping and enjoy a cake and coffee in the café.

Mon	Tues	Weds	Thurs	Fri	Folke	
				Mon	Weds	Ash
			Tues	Thurs	Fri	Marsh
Mon	Tues	Weds	Thurs	Fri	Bridge	
					Weds	Com

Circle dancing



Fun dance sessions which can be adapted to individual needs.

Ask	Folke	Bridge	Marsh
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Indian head massage



A relaxing head massage from one of our trained staff.

Ask	Marsh	Folke	Bridge
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Men's group



Discuss all the current news, football, dominoes and cards.

Fri

Marsh

Toning tables



Fully accessible with an overhead hoist to use toning tables.

Ask

Folke

Give it a go



Various activities in the sports hall including giant jenga, football and curling.

Ask

Bridge

Folke

Work experience



Opportunity to have a work placement at a café or reception, with support from staff if needed.

Ask

Bridge

Folke

Curling



A game of curling at Folkestone Sports Centre.

Mon

Folke



All these are planned weekly looking at what people have chosen to do.

There are other activities which happen occasionally, such as; canoeing, boat trips or go ape.

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.

If you want to tell us about the Service which we provide,
we are happy to send you Comments, Compliments,
Complaints booklet which will give you all the information
you would need.

Please contact 03000 41 43 45.

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

Telephone : 03000 41 43 45.

Thank you to JV Architects for their permission to use the
photos of Folkestone Sports Centre.