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

<table>
<thead>
<tr>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gateway/Stour</td>
<td>Takes place at the Bridge Centre</td>
</tr>
<tr>
<td>Bridge</td>
<td>Front Room</td>
</tr>
<tr>
<td>Folke</td>
<td>Phase 2, Community Hub</td>
</tr>
<tr>
<td>Marsh</td>
<td>Cheriton Community Network</td>
</tr>
<tr>
<td>Comm</td>
<td>Community Garden Hub</td>
</tr>
</tbody>
</table>

### 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.
<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sewing</strong></td>
<td>You can work on an idea of your choice. Bring your own materials or we can go into town and buy some with you.</td>
</tr>
<tr>
<td><strong>Cooking</strong></td>
<td>Supporting you to make healthy meals using our fully accessible kitchen.</td>
</tr>
<tr>
<td><strong>Boccia</strong></td>
<td>A fun game needing good coordination. Equipment is available if you need more support.</td>
</tr>
<tr>
<td><strong>Swimming</strong></td>
<td>Fully accessible swimming pool, with hoist and staff trained in using swimming aids.</td>
</tr>
<tr>
<td>Activity</td>
<td>Description</td>
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<td>-------------------</td>
<td>-----------------------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>Volleyball</strong></td>
<td>Energetic sport led by a trained instructor and supported by community day staff.</td>
</tr>
<tr>
<td><strong>Bowling</strong></td>
<td>A fun activity normally happening once a month at Ashford.</td>
</tr>
<tr>
<td><strong>Bowls</strong></td>
<td>Bowls takes place every Friday morning at the bowls club in Folkestone.</td>
</tr>
<tr>
<td><strong>Carriage riding</strong></td>
<td>Can be booked for Friday afternoons. You need to be in good health and not using a collapsible wheelchair.</td>
</tr>
</tbody>
</table>
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.

Sensory room
Fully accessible with overhead hoist for a relaxing session.

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

Hockey
Enjoy a game of hockey in the hall at Folkestone Sports Centre.
**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.
Shepway Community Day Service

Shopping and café

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

- Shopping and café
- Indian head massage
- Circle dancing

- Fun dance sessions which can be adapted to individual needs.
- A relaxing head massage from one of our trained staff.

Ask
Mon Tues Weds Thurs Folke Fri
Mon Weds
Tues Thurs Fri
Tues Weds
Mon Thurs Fri
Mon Weds
Thurs Fri
Fri

Folke
Ash
Marsh
Bridge
Com

Ask
Folke
Bridge
Marsh
<table>
<thead>
<tr>
<th><strong>Men’s group</strong></th>
<th>Discuss all the current news, football, dominoes and cards.</th>
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</thead>
<tbody>
<tr>
<td>Fri</td>
<td>Marsh</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Toning tables</strong></th>
<th>Fully accessible with an overhead hoist to use toning tables.</th>
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<td>Folke</td>
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</table>

<table>
<thead>
<tr>
<th><strong>Give it a go</strong></th>
<th>Various activities in the sports hall including giant jenga, football and curling.</th>
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<table>
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<tr>
<th><strong>Work experience</strong></th>
<th>Opportunity to have a work placement at a café or reception, with support from staff if needed.</th>
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</tbody>
</table>
Curling

A game of curling at Folkestone Sports Centre.

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.