

Kent County Council

Southwest Central Locality

Community Day Services

*Includes Ashford, Maidstone & Malling, Tunbridge Wells,
Cranbrook, Paddock Wood, Tonbridge, Edenbridge
and Sevenoaks*





Hello

We would like to tell you about what we offer at the Ashford, Maidstone and Malling and South West Kent 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



Maid

Maidstone



Cran

Cranbrook



Padd

Paddock Wood



Seven

Sevenoaks



Ton

Tonbridge



Eden

Edenbridge



TWells

Tunbridge Wells



Ash

Ashford

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 our community hubs are:



1. Maidstone
2. Cranbrook
3. Paddock Wood
4. Sevenoaks
5. Tonbridge
6. Edenbridge
7. Tunbridge Wells
8. Ashford

Maidstone



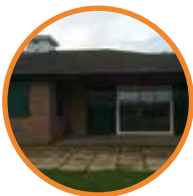
Meadowview, 1 Reginald Road
Maidstone, Kent, ME16 8HA
Telephone: 01622 685505



Trinity Foyer, 20 Church Street
Maidstone, Kent, ME14 1LY



YMCA, Melrose Close, Cripple
Street, Maidstone, Kent, ME15 6BD



West Malling Cricket Pavilion
Norman Road, West Malling, Kent
ME19 6RL

Cranbrook



Cranbrook, Cranbrook Library
Carriers Road, Cranbrook
TN17 3JT
Telephone: 03000 420670



Vestry Hall, Parish Office,
Weald Information Centre
Stone Street, Cranbrook
TN17 3HA



Church House, St Dunstan's Church
Stone Street, Cranbrook, TN17 3HA



High Weald Academy, The Veitch
Rooms, Angley Road, Cranbrook
TN17 2PJ



Weald Sports Centre, Angley Road
Cranbrook, TN17 2PN

Sevenoaks



Sevenoaks Leisure Centre, Buckhurst Lane, Sevenoaks, Kent TN13 1LW
Telephone: 01732 467654

Tonbridge



Riverside, Medway Wharf Road
Tonbridge, Kent O3000 41001

Edenbridge



Evolve, Eden Centre, Four Elms Road,
Edenbridge, TN8 6BY
Tel: 03000 410012

Tunbridge Wells



Camden Centre, Market Square,
Tunbridge Wells, Kent, TN1 2SW
Telephone: 03000 413175



Trinity Theatre
Church Road
Tunbridge Wells
TN1 1JP



Angel Centre
Angel Lane
Tonbridge
TN9 1SF

Paddock Wood



St Justus Church Hall,
St Justus Church
Mount Pleasant, Paddock Wood
Tonbridge, Kent, TN12 6AG
Telephone: 03000 420670

Ashford



Ashford Gateway Plus
Church Road
Ashford
TN23 1AS
Telephone: 03000 420600



The Stour Centre
Station Approach
Ashford
TN23 1ET

What you can do



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

Archery



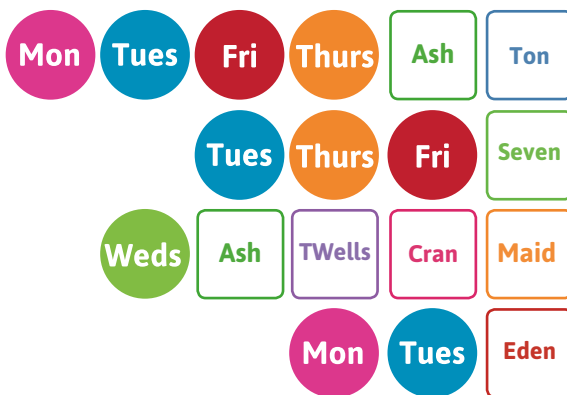
Learn how to shoot a bow and hit the target. The session is led by a qualified archery leader.



Art and craft



A variety of art and craft projects.



Allotment



An opportunity to grow vegetables and flowers at West Malling, Meadowview, YMCA and Teston County Park.



Athletics



Keeping fit and sporty.



Badminton



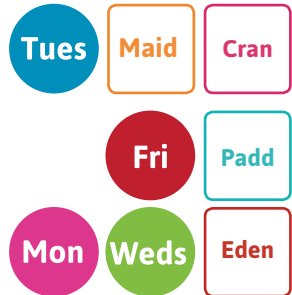
A great game for all.



Baking



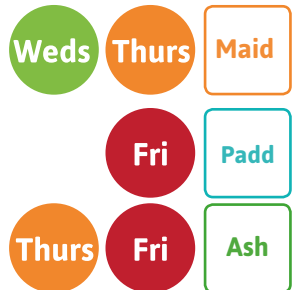
Enjoy baking cakes and biscuits.



Bowling



A fun game and a chance to meet up with friends.



Boccia



A fun game for all abilities as the game is played seated.

Mon	Ton	
Tues	Fri	Cran
Weds	Fri	Maid
Mon	Weds	Ash

Bowls



Bowls is a sport that you roll ball so that they stop close to a smaller ball called a 'jack'.

Mon	Cran	
Weds	Ton	
Tues	Seven	Eden

Book in a box



Multi sensory books.

Weds	Ash
------	-----

Cinema



Watch a movie on the big screen.

Tues	Maid	Ton
------	------	-----

Cricket



A great game to keep you fit.

Tues	Ash
------	-----

Cooking



Supporting you to plan a meal, shop for the ingredients to cook.

Mon	Weds	Thurs	Maid
	Mon	Tues	Seven
Mon	Weds	Fri	Eden
	Mon	Weds	Ton
Fri	Ash	Padd	TWells
	Weds	Fri	Ash

Community activities



Trips out to local museums, garden centres and much more.

Mon	Tues	Thurs	Fri	Maid	
	Mon	Weds	Seven		
	Fri	Ash	TWells		
Mon	Tues	Weds	Thurs	Fri	Eden
	Ask	Cran	Padd		
Mon	Tues	Weds	Thurs	Ton	

Computers



Using the internet, touch switches and developing communication.

Mon	Cran	Seven
Thurs	Padd	TWells
Fri	Ash	Padd
Tues	Eden	

Coffee mornings



Meet different people and enjoy a chat over a cup of tea or coffee.

Tues	Cran
Weds	Maid
Mon	Eden

Cyclopark



The opportunity to ride specially adapted bicycles in a safe area, great exercise too!

Ask	Maid
-----	------

Kurling



An indoor sport similar to bowls.

Weds	Maid
------	------

District Partnership Groups



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

Ask

Ash

Padd

Maid

TWells

Cran

Drama



Building your confidence and expressing emotions.

Mon

TWells

Padd

Weds

Ash

Dance and movement



Dance, stretch and exercise to music.

Mon

Seven

Tues

TWells

Padd

Thurs

Ash

Weds

Eden

Employment opportunities



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

Ask

Maid

TWells

Fishing



Learn about fishing and the outdoor environment.

Ask

Maid

Film/photography



Learn how to use a camera and take pictures.

Weds

Cran

Tues

Ash



Film club

Talk about and watch films

Mon

Eden

Gardening



Take part in all gardening activities.

Ask

Maid

Cran

Thurs

Ash

Seven

Fri

Padd

Golf



Learn how to play the game, good for coordination.

Tues

Ash

Seven

Thurs

Eden

Ask

Maid

Gym



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

Mon	Ash	Maid
Tues	Ton	
Fri	Ash	Seven

Health walks



A good way to get exercise in the fresh air.

Ask	Maid	
Tues	TWells	Padd
Thurs	Seven	

Walk and talk



A good way to get exercise and catch up with friends.

Mon	Ash
-----	-----

Horseriding



A great way to exercise and learn a new skill.

Mon	Eden
-----	------

Indoor sports



A variety of indoor sports/games.



Interactive music group



Learn to communicate through music and sound.



Knit and natter



Enjoy some knitting and a chat.



Literacy



Learn new skills to help you read and write.



Library



Visit the library to borrow books, cds, join the book club and books in bags.

Mon	Maid	Ton	Cran
Weds	Maid	Seven	
Thurs	Maid	Padd	
	Tues	Eden	

Life skills



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

Mon	Weds	Fri	Ash
Mon	Weds	Thurs	Maid

Massage therapy



Relaxing massage from a member of staff.

Tues	Ash
------	-----

Multimedia



A combination of video skills, photography, computers and other technology.

Weds	Ash
------	-----

News Group



Discuss local news and work on the newsletter.

Fri	Seven
Thurs	Ash

Pamper sessions



Relaxing activities including footspa, nail painting and massage.

Thurs	Maid	
Fri	Seven	Ton
Weds	Ash	

Swimming



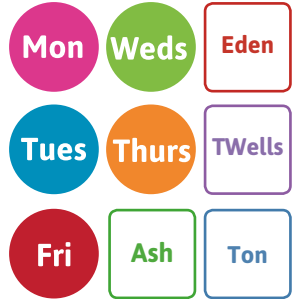
A gentle form of exercise.

Mon	TWells		
Thurs	Eden		
Tues	Padd		
Thurs	Maid	Seven	
Fri	Cran		
Mon	Fri	Ton	Ash

Sensory



Relaxation with stimulating sounds and lights.



Sensory cooking



An interactive session using the senses to touch, feel and smell food.



Sensory art



An interactive session using the senses to make and enjoy art.



Sensory music



An interactive session using the senses to make and enjoy music.



Sensory communication



Using sight, sound, smell and touch to aid communication.



Sensory walking



Sensory shopping



An interactive session using the senses to experience shopping.



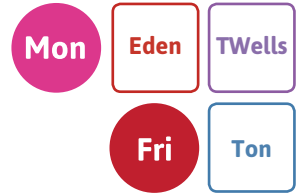
Snooker



Water aerobics



Gentle exercise/physio in the water.



Trampoline/rebound



Gentle exercise with support.



Travel training



With support to learn how to use public transport.



Tai Chi



Combines deep breathing and relaxation with slow and gentle movements.



Zumba



A fun way to exercise to music.

Fri

Maid

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 01622 685505.

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

Telephone : 01622 685505.