Kent County Council
Southwest Central Locality
Community Day Services

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

www.kent.gov.uk/learningdisability
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.
<table>
<thead>
<tr>
<th>Where activities take place</th>
<th>Maidstone</th>
<th>Cranbrook</th>
<th>Paddock Wood</th>
<th>Sevenoaks</th>
<th>Tonbridge</th>
<th>Edenbridge</th>
<th>Tunbridge Wells</th>
<th>Ashford</th>
</tr>
</thead>
<tbody>
<tr>
<td>When activities take place</td>
<td>Mon</td>
<td>Tues</td>
<td>Weds</td>
<td>Thurs</td>
<td>Fri</td>
<td>Ask</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Takes place on a Monday</td>
<td>Takes place on a Tuesday</td>
<td>Takes place on a Wednesday</td>
<td>Takes place on a Thursday</td>
<td>Takes place on a Friday</td>
<td>Ask a member of staff</td>
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</tbody>
</table>
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
<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Telephone</th>
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</thead>
<tbody>
<tr>
<td>Sevenoaks</td>
<td>Sevenoaks Leisure Centre, Buckhurst Lane, Sevenoaks, Kent TN13 1LW</td>
<td>01732 467654</td>
</tr>
<tr>
<td>Tonbridge</td>
<td>Riverside, Medway Wharf Road, Tonbridge, Kent 03000 41001</td>
<td></td>
</tr>
<tr>
<td>Edenbridge</td>
<td>Evolve, Eden Centre, Four Elms Road, Edenbridge, TN8 6BY</td>
<td>03000 410012</td>
</tr>
<tr>
<td>Tunbridge Wells</td>
<td>Camden Centre, Market Square, Tunbridge Wells, Kent, TN1 2SW</td>
<td>03000 413175</td>
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<tr>
<td></td>
<td>Trinity Theatre</td>
<td></td>
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<tr>
<td></td>
<td>Church Road</td>
<td></td>
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<td></td>
<td>Tunbridge Wells</td>
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<td>TN1 1JP</td>
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</tbody>
</table>
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.
<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Boccia</strong></td>
<td>A fun game for all abilities as the game is played seated.</td>
<td>Monday, Wednesday, Friday</td>
</tr>
<tr>
<td><strong>Bowls</strong></td>
<td>Bowls is a sport that you roll ball so that they stop close to a smaller ball called a ‘jack’.</td>
<td>Monday, Wednesday</td>
</tr>
<tr>
<td><strong>Book in a box</strong></td>
<td>Multi sensory books.</td>
<td>Wednesday</td>
</tr>
<tr>
<td><strong>Cinema</strong></td>
<td>Watch a movie on the big screen.</td>
<td>Tuesday</td>
</tr>
<tr>
<td><strong>Cricket</strong></td>
<td>A great game to keep you fit.</td>
<td>Tuesday</td>
</tr>
</tbody>
</table>
Cooking

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

Community activities

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

Using the internet, touch switches and developing communication.

Coffee mornings

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

Cyclopark

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

Kurling

An indoor sport similar to bowls.
<table>
<thead>
<tr>
<th>District Partnership Groups</th>
<th>Meetings where you can go along and get involved with issues affecting people with a learning disability. Supported by staff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drama</td>
<td>Building your confidence and expressing emotions.</td>
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<tr>
<td>Dance and movement</td>
<td>Dance, stretch and exercise to music.</td>
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<tr>
<td>Employment opportunities</td>
<td>Learn new skills that will help to prepare you for work.</td>
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</tbody>
</table>
Fishing
Learn about fishing and the outdoor environment.

Film/photography
Learn how to use a camera and take pictures.

Film club
Talk about and watch films

Gardening
Take part in all gardening activities.

Golf
Learn how to play the game, good for coordination.
<table>
<thead>
<tr>
<th>Activity</th>
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<tbody>
<tr>
<td>Gym</td>
<td>These are planned around the individual’s needs with a fully trained instructor.</td>
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<tr>
<td>Health walks</td>
<td>A good way to get exercise in the fresh air.</td>
</tr>
<tr>
<td>Walk and talk</td>
<td>A good way to get exercise and catch up with friends.</td>
</tr>
<tr>
<td>Horseriding</td>
<td>A great way to exercise and learn a new skill.</td>
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</tbody>
</table>

- **Gym**
  - Days: Mon, Tues, Fri
  - Instructors: Ash, Maid, Ton, Seven

- **Health walks**
  - Days: Tues, Thurs
  - Areas: Ask, Maid, TWells, Padd, Seven

- **Walk and talk**
  - Days: Mon
  - Areas: Ash

- **Horseriding**
  - Days: Mon
  - Area: 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.

Life skills

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

Massage therapy

Relaxing massage from a member of staff.

Multimedia

A combination of video skills, photography, computers and other technology.
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<th>Activity</th>
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<th>Days</th>
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<tr>
<td>News Group</td>
<td>Discuss local news and work on the newsletter.</td>
<td>Fri</td>
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<td>Thurs</td>
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<tr>
<td>Pamper sessions</td>
<td>Relaxing activities including footspa, nail painting and massage.</td>
<td>Thurs</td>
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<td>Weds</td>
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<tr>
<td>Swimming</td>
<td>A gentle form of exercise.</td>
<td>Mon</td>
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<td>Thurs</td>
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<td>Mon</td>
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<td>Fri</td>
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</table>
Sensory

Relaxation with stimulating sounds and lights.

- Mon Weds: Eden
- Tues Thurs: TWells
- Fri: Ash Ton

Sensory cooking

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

- Mon: Maid
- Tues: Ash

Sensory art

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

- Mon: Ash

Sensory music

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

- Weds Thurs: Ash
- Tues: Ton
Sensory communication
Using sight, sound, smell and touch to aid communication.

Sensory walking
An interactive session using the senses to experience shopping.

Snooker

Community Day Services 21
**Water aerobics**
Gentle exercise/physio in the water.
- **Mon**: Eden, TWells
- **Fri**: Ton

**Trampoline/rebound**
Gentle exercise with support.
- **Weds**: Ton, TWells

**Travel training**
With support to learn how to use public transport.
- Maid, Cran, Padd
- TWells, Seven, Ton, Eden
- Ask

**Tai Chi**
Combines deep breathing and relaxation with slow and gentle movements.
- **Thurs**: Maid
A fun way to exercise to music.

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.