

Kent County Council Swalecliffe Community Day Service



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



www.kent.gov.uk/learningdisability



Hello



We would like to tell you about what we offer at the Swalecliffe Community Day Service for people with learning disabilities.



This booklet shows you what we offer each day. Please have a read to see if there is anything you may like to try.

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 think you would like to have a look around, speak to your Care Manager and they can arrange a time for you to visit.



Once you have visited and had a chat with your Care Manager it will be possible to attend your preferred activities 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 6 weeks we will have a meeting to make sure you are happy with everything and you are getting the support you need.

This will be included in your support plan.



While you are at Swalecliffe you will have a link worker who will help you.



Opening times

We open at 9am **Monday to Friday**

We close at 3pm **Monday to Friday**

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



What you can do

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



Bowling



A fun activity at AMF Bowling in Whitstable. We use public transport to get there and back.



Gardening



We grow flowers, fruit and vegetable at Swalecliffe, Whitstable Castle and on the allotment.



Golf



Enjoyable activity at Stonelees Golf Course in Ramsgate. Held on a Monday morning. We use our own transport.



Swimming



We go to Whitstable Pool for swimming on Wednesday and Thursdays using public transport.

Mon

Tues

Gym



We use the gym in Whitstable with an assistant to help set our programmes. Held in the morning Wednesday and Fridays.

Weds

Fri

Independent Cooking



We go shopping for ingredients and then prepare and cook our healthy lunches.

Tues

Weds

Fri

Sewing



Our work and items are made and can be sold at exhibitions we hold. Takes place at the Swalecliffe Centre.

Weds

Thurs

Sensory room



This room is available for people who use the service, or can be hired by groups or organisations.



Computers



Surf the internet and learn computer skills on either a morning or afternoon session.



Bowls



We use the greens at Cliftonville on a Tuesday morning. This is seasonal.



Dancing



Taking place on a Friday morning, including different dance styles including Zumba and belly dancing.



Baking



We bake cakes, scones and many other tasty treats. We sell these at St Alphege Church in Whitstable twice a week.

Fri

Social skills



Taking place on a Friday afternoon, people take turns in choosing where they would like to go. This could be shopping, a local pub or place of interest.

Fri

Wheel potential



Cycling for all abilities at 'Toddlers Cove' Canterbury. Good exercise and social activity.

Weds

Thurs

Fri

Walk and talk



Groups go for a healthy walk with a drink and chat afterward. Takes place on a Tuesday morning and Friday afternoon.

Tues

Fri

Kan Kater lunch and coffee



All day on a Tuesday, Thursday and on a Friday morning we provide teas, coffees, cakes and lunches.

Tues

Thurs

Fri

Art n'progress



Happening 3 times a week, where you can create furniture, sewing, felting, pottery and many other crafts.

Mon

Tues

Weds

University Gym



Takes place at the University Sports Hall in Canterbury. We warm up first and then play cricket, basketball and badminton.

Tues

Sailing



This happens between April and September at Westbere lakes. Sailing lasts for an hour and a half.

Fri

Horse riding



We go to 'riding for the disabled' at Chartham Downs. It is run by qualified instructors in the morning on a Thursday.

Thurs

Soup group



We use ingredients from the garden to make soup to sell for lunch with a roll.

Tues

Plant stall



On a Friday at St Alphege Church we sell plants, vegetables and produce from the garden.

Fri

Out and about



A trip out around Kent to a different place of interest.

Thurs

Drama



Our drama group produce around 3 performances a year. Parents and carers are invited to watch the shows.

Monday afternoons.



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.



Our contact details

Telephone: 01227 793440 or
03000 419352



Swalecliffe Day Centre
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Whitstable
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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 telephone: 03000 410 410
Textphone: 18001 03000 410 410
Email: complaintsteamadults@kent.gov.uk

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

Telephone : 03000 41 43 45.