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 ot 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 preffered 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.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bowling</strong></td>
<td>A fun activity at AMF Bowling in Whitstable. We use public transport to get there and back.</td>
<td>Tues, Thurs</td>
</tr>
<tr>
<td><strong>Gardening</strong></td>
<td>We grow flowers, fruit and vegetable at Swalecliffe, Whitstable Castle and on the allotment.</td>
<td>Mon, Weds, Fri</td>
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<tr>
<td><strong>Golf</strong></td>
<td>Enjoyable activity at Stonelees Golf Course in Ramsgate. Held on a Monday morning. We use our own transport.</td>
<td>Mon</td>
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Swimming

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

Gym

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

Independent Cooking

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

Sewing

Our work and items are made and can be sold at exhibitions we hold. Takes place at the Swalecliffe Centre.
This room is available for people who use the service, or can be hired by groups or organisations.

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

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

Taking place on a Friday morning, including different dance styles including Zumba and belly dancing.
<table>
<thead>
<tr>
<th><strong>Baking</strong></th>
<th>We bake cakes, scones and many other tasty treats. We sell these at St Alphege Church in Whitstable twice a week.</th>
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</thead>
<tbody>
<tr>
<td><strong>Social skills</strong></td>
<td>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.</td>
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<tr>
<td><strong>Wheel potential</strong></td>
<td>Cycling for all abilities at ‘Toddlers Cove’ Canterbury. Good exercise and social activity.</td>
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<tr>
<td><strong>Walk and talk</strong></td>
<td>Groups go for a healthy walk with a drink and chat afterward. Takes place on a Tuesday morning and Friday afternoon.</td>
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**Kan Kater lunch and coffee**

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

**Art n’progress**

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

**University Gym**

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

**Sailing**

This happens between April and September at Westbere lakes. Sailing lasts for an hour and a half.
| Horse riding | We go to ‘riding for the disabled’ at Chartham Downs. It is run by qualified instructors in the morning on a Thursday. |
| Soup group  | We use ingredients from the garden to make soup to sell for lunch with a roll. |
| Plant stall  | On a Friday at St Alphege Church we sell plants, vegetables and produce from the garden. |
| Out and about | A trip out around Kent to a different place of interest. |
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.

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

Monday afternoons.
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.