

Healthy Living Service & Next Step Activities



September 2019



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THE
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Contents

Page



Healthy Living Service

3



Our groups

5



Our activities

8



1. Making food work

8



2. Baking

9



3. Gardening

9



4. Using computers and phones

10



5. Life-skills

11



6. Swimming

13



7. Photography

13



8. Cricket & Football

13



9. Boccia

14



Fitness and well-being Groups

14



For more information

16

Healthy Living Service



We support people with learning disabilities, autism or complex needs to achieve more:

- Independence
- Choice
- Control over their lives

We work with groups of people every week to:



- Learn more about living independently
- Be more confident
- Have a better social life
- Learn more about being healthy



- Take part in your local community
- Have a better life



We can help you with:

- Learning new skills



- Getting a job



- Taking part in things



- Staying safe



- Healthy living

- Exercise



You will decide what you want to achieve.

You will work at your own pace.

Our groups

Our groups are:



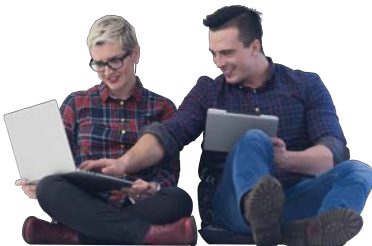
- **Breakfast Club 10am - 11am**

- ▶ Healthy breakfast
- ▶ Free
- ▶ Fruits, yogurts and cereal



- **Healthy Cooking** - growing and cooking food

- **Baking Cakes** - making cakes and biscuits



- **Computer Group** - staying safe online



- **Independent Living** – learning about:

- ▶ Looking after your money
- ▶ Staying safe at home
- ▶ Staying safe in your community



► Shopping

► Talking about what is in the news

● **Out & About** – getting involved in your local community

● **Travel-training**

● **Yoga**

● **Zumba**

● **Relaxation & Massage**

● **Music**

● **Dance**

● **Art**

● **Photography**

● **Cinema Club**





Sophie Ledgister

Activities will take place at our Resource Centre in Ladbroke Grove and in community spaces in Earls Court.



**Kabeh Harrison
– Blenman**

Contact Sophie or Kabeh Harrison – Blenman to find out more and arrange a visit.



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Our activities



1. Healthy Cooking

This is every Tuesday, Wednesday and Thursday from 10am until 1pm.
This activity is free.

You will work with our professional chef to get training in:

- Health and safety
- Being clean and healthy in the kitchen
- Getting food ready to eat
- Learning about healthy food
- Food from different cultures
- Working in a team



Training sessions will be 3 hours long.
You will get a certificate about what you have done.

There will also be trips to food fairs and restaurants.

2. Baking



This is every Thursday from 12:30pm until 3pm. This activity is free.

A fun 2 hour session with our chef learning together how to make and bake cakes and biscuits.

3. Gardening



This is every Thursday from 12:30pm until 3pm. This activity is free.

Learning how to grow plants, flowers and food with our gardener.

You will work in a way that is good for you.

If you work hard, you will get a certificate at the end.

You will learn about:

- Health & Safety
- Using tools
- Learning about plants and growing food
- Working in a team



Training sessions will be 2 hours long.

There will be visits to gardens.

4. Using computers and phones



This is every Monday from 3pm until 4pm. It costs £5 per session.

You will work in a way that is good for you.

If you work hard, you will get a certificate at the end.



You will learn about:

- Using a computer
- The internet
- Email and messaging
- Mobile phones
- Finding music and videos
- Making your own life story, or plans



Training sessions will be 2 hours long.



5. Life-skills

This is every Tuesday from 2pm until 4pm. It costs £5 per session.

It is about:

- Getting involved in your local community
- Independent living
- Current affairs



You will work in a way that is good for you.

If you work hard, you will get a certificate at the end.



You will learn about:

- Being safe out in the community and at home
- Getting out into the community. Using public transport.
- Looking after your money and paying bills
- Keeping yourself safe





- How to make a complaint
- Dignity and respect
- Thinking about what you want to do in your life. Person-Centred Planning.



There will be trips out.



You will get a chance to look at:

- Going to college
- Getting a job



You can learn about travelling on your own.

You will do this one-to-one with a professional travel trainer.

This costs £17.50 per hour.



6. Swimming Sessions

Swimming sessions take place at Moberly Sports Centre.

This is every Tuesday from 2:30pm until 3:30pm and costs £3.05 per session.

7. Photography

Learn about taking photographs.

Learn about making video.

Practice your skills inside and out in the community.

This is every Tuesday from 10:30am until 12pm and costs £7.50. Each session lasts 90 minutes.



8. Cricket and Football

One hour of fun every Wednesday with a cricket Coach from the Middlesex Cricket.

One hour of football at the Harrow club with a Chelsea Coach every Thursday.

Both sessions are free.





9. Boccia

This is every Monday from 2pm until 3pm at Equal People. This is a free activity.

Fitness & well-being Groups

You will:



- Get more self-confidence
- Get better at doing the things you want to do
- Feel better

The groups:



- **Zumba** - Dance and exercise
60 minute sessions
Thursdays 11am - 12pm
Free



- **Yoga** - Gentle and relaxing exercise
60 Or 90 minute sessions
Mondays 10:30am - 12pm
Fridays 2pm - 3pm
Free



● **Relaxation and Massage**

You will relax and enjoy yourself.

You will learn about giving simple massages to other people.

£8 per session



We use Makaton for people who need it.

You don't have to undress. All the massage can be done through your clothing.

Fridays 10:30am start

1 hour sessions. You will need to book for 10 sessions (£80 all together)



● **Music**

A fun session of music and song.

Everyone can take part and use instruments.

Carers can come along and join in too.

1 hour sessions



There are two music groups on Wednesday afternoons:

- Earls Court. This is for people with complex needs. It costs £15 per session
- Ladbroke Grove. This costs £5 per session

● **Dance Group**

The dance group is based in Earls Court and run by a qualified dance tutor.

The group will help your self confidence.

2 hour sessions. Free.

Friday 6pm - 8pm



Our drop-in is open 10am-4pm Monday to Friday. This costs £2.50 per day.

- ▶ Tea and coffee
- ▶ Soft Drinks
- ▶ Snacks
- ▶ And a safe space to stay with friends



For more information



To get more information:

Call: Sophie or Kabeh on 0208 964 0544



Email:

sledgister@equalpeoplesmencap.org.uk

kharrison-blenman@equalpeoplesmencap.org.uk



Web:

www.equalpeoplesmencap.org.uk

Or visit us at:

Equal People Mencap

73 St Charles Square,

London

W10 6EJ

There is a map on the next page.



73 St Charles Square,
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Travelling to Equal People Mencap



Buses 316 and 7 stop close to Equal People Mencap on St Charles Square.



Latimer Road and Ladbrooke Grove on the Hammersmith and City Line are closest. (10 minute walk)