

Equal People mencap's Healthy Living Service supports people with learning disabilities, autism and/or complex needs to achieve more independence, more choice and more control over their lives.

We aim to support individuals to access, participate in, contribute to and influence their community.



Our weekly programme of activities and groups will:

- Build independent living skills
- Increase self-confidence
- Build social skills
- Increase healthy living skills and awareness
- Support community participation
- Lead to an improved quality of life for members and their families and carers.

The Healthy Living Service offers each member skills and independent living training, employment opportunities, community participation and safety awareness, healthy living advice and exercise through a person-centred approach. Each individual is supported to identify personal aims and goals and to work towards them, at their own pace, through their individual timetable of activities.



Groups and activities will include:

- Making Food Work - Catering training that includes gardening, growing vegetables, developing menus, preparing, cooking and serving meals from a variety of cultures.
- A cake/biscuit-making group
- Computer/Internet/safe-Surfing Group
- Independent Living training group – budgeting, home and community safety, shopping
- Out & About – accessing and participating in the community
- Travel-training
- Yoga
- Zumba
- Relaxation & Massage
- Music
- Dance

Activities will take place at our Resource Centre in Ladbroke Grove, in community spaces in Earls Court and out and about in the community and are bookable in 3 month blocks.

Ring Sophie or Yvonne on 0208 964 0544 to find out more and arrange a visit.
sledgister@equalpeoplenencap.org.uk



THE TRAINING, EDUCATION, LIFE-SKILLS AND ACTIVITIES

1. MAKING FOOD WORK



Catering training under the supervision of a professional chef.

Each service user will be supported to develop their skills and knowledge on an individualised programme with ongoing, monitoring and support with certification of their achievement and a book of recipes.

Training will include:

- Health and safety
- Food hygiene awareness
- Food preparation, using utensils and equipment cooking and presentation
- Learning about food groups, healthy options
- Recipes from different cultures or lifestyle choices
- Teamwork, planning
- Trips out to food fairs, restaurants to cook & eat.

Training sessions will be 3 hours and are bookable in 3 month blocks. See our timetable for more details.

2. CAKE MAKING



A fun 3 hour session with our chef learning together how to make and bake cakes and biscuits. Bookable in 3 month blocks.

3. GARDENING



Learning about how to grow plants and flowers and food for your meals with our gardener.

Each service user will be supported to develop their skills and knowledge on an individualised programme with ongoing, monitoring and support with certification of their achievements.

Training will include:

- Health & Safety
 - Using tools
 - Learning about plants and growing food.
 - Teamwork and planning
 - Visits to gardens
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- Training sessions will be 3 hours and are bookable in 3 month blocks. See our timetable for more details.

4. USING COMPUTERS/PHONES/TECHNOLOGY

Each service user will be supported to develop their skills and knowledge on an individualised programme with ongoing, monitoring and support with certification of their achievements.



Training will include:

- Computer skills
- The internet – getting information
- Emails, messaging – sharing information – safe surfing
- Mobile phone use
- Accessing music, media
- Life-stories, personal plans
- Training sessions will be 2 hours and are bookable in 3 month blocks. See our timetable for more details.

5. LIFE-SKILLS – USING THE COMMUNITY / INDEPENDENT LIVING

Each service user will be supported to develop their skills and knowledge on an individualised programme with ongoing, monitoring and support with certification of their achievements.



Training will include:

- Community & home safety
- Accessing the community – planning, using transport
- Using money/Budgeting
- Personal safety. Identifying & reporting harassment and abuse. Making complaints
- Dignity & respect
- Out & About Trips
- Links to colleges, volunteer and employment opportunities inc visits.
- Personal aims and goals. Person-Centred Planning.

Travel-training will be planned and supported on an individual basis with professional 1:1 support tailored to the individual and full monitoring, risk assessment and recording of the whole process.

- Training sessions will be 2 hours and are bookable in 3 month blocks. Out & About trips will be 3 hours plus. See our timetable for more details.

6. OUR FITNESS & WELL-BEING GROUPS

The groups will support each individual to build their self-confidence, invite and encourage increased self-expression and increase their physical and mental wellbeing. All are bookable in 3 month blocks.

The groups:

Zumba



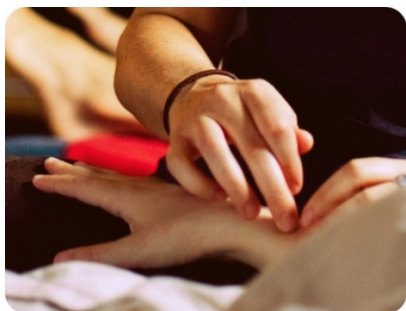
A fun two hour session of dance and exercise with our Zumba tutor, with movements and routines that include all individuals.

Yoga



Supported by our yoga tutor each person will receive individual tuition supporting them in gentle and relaxing exercise, encouraging increased mental and physical well-being. Sessions last 1 hour

Relaxation and Massage



The 1 hour classes are suitable for people with all levels of learning disability – people can take part at their own pace and can work interactively with a partner from the class, or are welcome to bring their own support worker if necessary

The aim of the classes is for people to relax and enjoy themselves and develop a greater sense of physical and mental well-being by receiving and, where possible, learning to give simple massages of back and shoulders, arms, hands, and head.

Makaton is used throughout the class for those who need it.

Swedish, or classical massage is used. No undressing is necessary – all massage can be done through clothing.

Music



Our music group (1 hour) is based in Earls Court and is open and accessible to all including people with more complex needs.

A fun session of music and song with each individual encouraged to inter-act and/or use instruments as they wish. Carers are encouraged to come along and join in too.

Pre-Amici Expressive Dance Group



Based in Earls Court and run by a qualified Amici tutor and dance students, the two hour session encourages all to express themselves, build self-confidence and have

Ring Sophie or Yvonne on 0208 964 0544 or email sledgister@equalpeoplenencap.org.uk to find out more about the training and costs and to arrange a trial visit to any group.

