

EnhanceAble Geneva Road Services



Winter Programme 2012
3 January to 30 March

About EnhanceAble

EnhanceAble is a registered charity. We have been making a difference to disabled people's lives for over 50 years and hold an 'Investors in People Gold Award'.

We work with people who have many different disabilities and our employees are trained to provide the right care for each individual.

We believe that the voluntary sector has an important role to play in service provision. EnhanceAble always aims for excellence and ensures that disabled people receive the best services. Visit www.enhanceable.org to find out more about all our social care services.

The Geneva Road Service

The Geneva Road Service is a day service in Kingston upon Thames currently providing a service for 60+ disabled adults. The focus of the centre is group work and activities that promote independence and well-being, have an educational value, are therapeutic and support service users in developing self-esteem and confidence.

The opportunities offered are very varied and include: visits to the gym, bowling, art, cooking, life skills development, physiotherapy, massage, relaxation and much more. Our activity programmes change four times a year.

To find out more about our Geneva Road Services contact:

Sharon McDonald, Team Leader of Geneva Road Services

sharon.mcdonald@enhanceable.org

T: 020 8546 7350

or Carrie Tierney, Marketing Manager

carrie.tierney@enhanceable.org

Welcome

We hope that 2012 is going to be another exciting year for EnhanceAble!

Once again we are delighted to offer a varied and comprehensive programme of activities run by EnhanceAble Geneva Road Services, offering a choice for everyone.

As well as our regular and popular activities we are offering music workshops in this programme. Visiting community musicians Sound People are running the workshops and have designed them especially for EnhanceAble. They are specialists in working with service users to encourage learning and enjoyment through music and musical expression.

To find out how you can join in the fun contact me on 020 8546 7350 or email me sharon.mcdonald@enhanceable.org or our Marketing Manager, Carrie Tierney carrie.tierney@enhanceable.org

I hope you enjoy reading our programme and don't hesitate to contact me if you have any questions or would like information about any of EnhanceAble's services.







Best wishes

Sharon McDonald, Team Leader, Geneva Road Services, EnhanceAble



Find out more about us at www.enhanceable.org

Monday Morning

Facilitator	Time	Group
<p>Carol Roberts Sally Barman</p>  	<p>11.00-12.15</p>	 <p>Art</p>
<p>Jina Glashier</p> 	<p>11.00-12.15</p>	 <p>Photography</p>
<p>Gillian Fogg</p> 	<p>11.00-12.30</p>	 <p>Exploring Numbers</p>
<p>Barbara King</p> 	<p>11.15-1.15</p>	 <p>Lunch Club</p>

Monday Morning


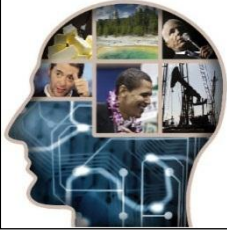




Take an artistic journey with us. Create your own **Art** using many different media such as acrylics, inks, pastels and modelling clay. We offer a complete course of varied activities which aims to improve artistic skills, inspire your imagination and self-expression.

Capture life from behind the lens in Jina's **Photography** group. She will show you how to get the best out of a digital camera. You will learn basic photographic techniques and can create your own portfolio of images. All equipment used is provided by EnhanceAble.

Exploring Numbers is a practical activity. It is aimed at improving and learning the valuable everyday skills needed for number recognition, understanding values and managing budgets.

Join our **Lunch Club** to experience and learn about cooking and nutrition - giving you the skills needed to cook independently. The group chooses recipes and ingredients together and enjoys the prepared food at lunch, sharing views and ideas about their cooking.

Monday Afternoon

Facilitator	Time	Group
<p>Caroline Baxter</p> 	<p>1.30-2.30 (fortnightly)</p>	 <p>Current Affairs</p>
<p>Shirley Woods</p> 	<p>1.30-2.30</p>	 <p>News Group</p>
<p>Britain Stelly</p> 	<p>1.30-2.30</p>	 <p>Expression of Music</p>

Monday Afternoon

Current Affairs will provide an insight into life today focusing on events alongside learning about varying aspects such as people, culture, politics, literature, sport, music, art, and technology. This group runs every two weeks.

News Group is a communication-based activity. Everyone discusses the latest news and events, sharing their opinions and views.

Close your eyes and listen to the music. Savour the sound, see and touch it. Interact with us in this sensory activity and discover your own personal **Expression of Music**.

Tuesday Morning

Facilitator	Time	Group
<p>John Rolfe</p> 	<p>11.00-1.00</p>	 <p>Gym</p>
<p>Barbara King</p> 	<p>11.00-12.00</p>	 <p>Talk Sport</p>
<p>Julia Williams</p> 	<p>11.00-12.00</p>	 <p>Movie Soundtracks</p>
<p>Maria Vejerano</p> 	<p>11.00-3.00</p>	 <p>Physiotherapy</p>

Tuesday Morning

Accompanied visits to the **Gym** at the Hawker Centre in Kingston are on offer. Professional advice is given to you on-site, helping you to keep fit and get the best out of the equipment available.

Talk Sport is a lively discussion group debating current sports news and opinions.

Movie Soundtracks explores the music behind famous films with an emphasis on classical music to stimulate the senses.

Physiotherapy is run by a qualified physiotherapist. Each session is tailored to meet your specific needs.

Tuesday Afternoon

Facilitator	Time	Group
<p>John Rolfe</p>  <p>Angela Pearce</p> 	<p>1.30-2.30</p>	 <p>Pop Legends</p>
<p>Sue Bonner</p> 	<p>1.30-2.30</p>	 <p>Book Group</p>

Pop Legends explores the life and work of popular music legends. Music and video clips are shown and service users will discuss their opinions, memories and anecdotes related to the music.

The **Book Group** is a reading and discussion group where service users listen to books of their choice, and then discuss their opinions afterwards. Books are usually fictional, often historical and always contain some educational value.

Wednesday Morning

Facilitator	Time	Group
<p style="text-align: center;">Cathy Doherty Sue Bonner</p> 	<p>11.00-12.30</p>	 <p>Discussion Group</p>
<p style="text-align: center;">Jenny Baker Jina Glashier</p> 	<p>11.00-12.00</p>	 <p>Music and Relaxation</p>
<p style="text-align: center;">Maria Vejerano</p> 	<p>11.00-3.00</p>	 <p>Physiotherapy</p>
<p style="text-align: center;">Angela Pearce</p> 	<p>11.15-1.15</p>	 <p>Lunch Club</p>

Wednesday Morning

In the **Discussion Group** you talk about topical news and share your views, concerns and interests.

Music and Relaxation is a chill-out group where service users listen to relaxing music and an accompanying story. You can release your imagination and go for virtual walks in the woods or swim with dolphins and other relaxing activities.

Physiotherapy is run by a qualified physiotherapist. Each session is tailored to meet your specific needs.

Join our **Lunch Club** to experience and learn about cooking and nutrition - giving you the skills needed to cook independently. The group chooses recipes and ingredients together and enjoys the prepared food at lunch, sharing views and ideas about their cooking.

Wednesday Afternoon

Facilitator	Time	Group
<p style="text-align: center;">Angie Lee</p> 	<p style="text-align: center;">12.00-1.00</p>	 <p style="text-align: center;">Creative Art</p>
<p style="text-align: center;">Jenny Baker</p> 	<p style="text-align: center;">1.00-3.00</p>	 <p style="text-align: center;">Massage Therapy</p>
<p style="text-align: center;">Jina Glashier</p> 	<p style="text-align: center;">1.30-2.30</p>	 <p style="text-align: center;">The Culture of Celebrity</p>
<p style="text-align: center;">Britain Stelly</p> 	<p style="text-align: center;">1.30-2.30</p>	 <p style="text-align: center;">Expression of Music</p>

Wednesday Afternoon

Creative Art prepares the art work and materials used in our Sensory Stories Group on Friday afternoon.

Massage Therapy is a sensory experience involving massage of the hands and arms accompanied by tranquil music.

The **Culture of Celebrity** explores how fame has changed in modern times and discusses the rise of the celebrity, their fans, their films and their TV shows.

Close your eyes and listen to the music. Savour the sound, see and touch it. Interact with us in this sensory activity and discover your own personal **Expression of Music**.

Thursday Morning

Facilitator	Time	Group
Carrie Tierney 	11.00-12.00	 Greeting Cards
John Rolfe 	11.00-12.00	 Move 2 Music
Angela Pearce 	11.00-1.00	 Exercise, Sport and Movement
Angie Lee 	11.15-1.15	 Lunch Club

Thursday Morning

Greeting Cards covers all aspects of making hand-crafted cards, from design to production. Make your own personalised cards with us, using a wide variety of good quality materials provided by EnhanceAble.

Move 2 Music offers a different way to experience music. It involves group participation focusing on gentle exercise moving in time to the melody and rhythm of music.

Accompanied visits to the **Exercise, Sport and Movement** sessions at the King's Centre are on offer. Physical education for people with a disability is coupled with life skills such as listening, questioning and working independently.

Join our **Lunch Club** to experience and learn about cooking and nutrition - giving you the skills needed to cook independently. The group chooses recipes and ingredients together and enjoys the prepared food at lunch, sharing views and ideas about their cooking.


Thursday Afternoon

Facilitator	Time	Group
<p style="text-align: center;">Shirley Woods</p> 	<p style="text-align: center;">1.30-2.30</p>	 <p style="text-align: center;">Bowling</p>
<p style="text-align: center;">Jina Glashier</p> 	<p style="text-align: center;">1.30-2.30</p>	 <p style="text-align: center;">Crafts</p>

The **Bowling** group plays games of bowls in two teams which rotate weekly and choose topical team names.

Cultivate your creativity and learning in our **Crafts** group with our inspiring ideas. Make and decorate your own projects using our fabulous craft kits.

Friday Morning

Facilitator	Time	Group
<p style="text-align: center;">Sandra Lunan</p> 	<p style="text-align: center;">11.00-12.00</p>	 <p style="text-align: center;">Disability Around the World</p>
<p style="text-align: center;">John Rolfe</p> 	<p style="text-align: center;">11.00-1.00</p>	 <p style="text-align: center;">Gym</p>
<p style="text-align: center;">Maria Vejerano</p> 	<p style="text-align: center;">11.00-3.00</p>	 <p style="text-align: center;">Physiotherapy</p>



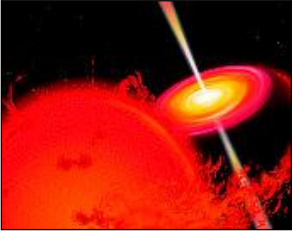
Friday Morning

Disability Around The World is a discussion group looking at how disability is regarded in different countries and cultures. An inspirational case study is focused on each week.

Accompanied visits to the **Gym** at the Hawker Centre in Kingston are on offer. Professional advice is given to you users on-site, helping you to keep fit and get the best out of the equipment available.

Physiotherapy is run by a qualified physiotherapist. Each session is tailored to meet your specific needs.

Friday Afternoon

Facilitator	Time	Group
<p data-bbox="263 454 531 539">Angie Lee Jina Glashier</p>  	<p data-bbox="646 454 829 495">1.45-2.30</p>	 <p data-bbox="981 707 1310 748">Sensory Stories</p>

Space Sensory Stories is a storytelling group that focuses on activities and experiences. Service users are encouraged to participate and our aim is to provide anticipation and interest for the group. Stories are usually told over a two or three week period following the same routine, providing an easy transition into the weekend.

EnhanceAble Geneva Road Services Winter Programme 2012 Timetable at a glance

Day	Time	Activity	Facilitator
Monday	11.00-12.15	Art	Carol Roberts Sally Barman
Monday	11.00-12.15	Photography	Jina Glashier
Monday	11.00-12.30	Exploring Numbers	Gillian Fogg
Monday	11.15-1.15	Lunch Club	Barbara King
Monday	1.30-2.30	Current Affairs	Caroline Baxter
Monday	1.30-2.30	News Group	Shirley Woods
Monday	1.30-2.30	Expression of Music	Britain Stelly
Tuesday	11.00-1.00	Gym	John Rolfe
Tuesday	11.00-12.00	Talk Sport	Barbara King
Tuesday	11.00-12.00	Movie Soundtracks	Julia Williams
Tuesday	11.00-3.00	Physiotherapy	Maria Vejerano
Tuesday	1.30-2.30	Pop Legends	John Rolfe Angela Pearce
Tuesday	1.30-2.30	Book Group	Sue Bonner
Wednesday	11.00-12.30	Discussion Group	Cathy Doherty Sue Bonner
Wednesday	11.00-12.00	Music and Relaxation	Jenny Baker Jina Glashier
Wednesday	11.00-3.00	Physiotherapy	Maria Vejerano
Wednesday	11.15-1.15	Lunch Club	Angela Pearce
Wednesday	12.00-1.00	Creative Art	Angie Lee
Wednesday	1.00-3.00	Massage Therapy	Jenny Baker
Wednesday	1.30-2.30	The Culture of Celebrity	Jina Glashier
Wednesday	1.30-2.30	Expression of Music	Britain Stelly
Thursday	11.00-12.00	Greeting Cards	Carrie Tierney
Thursday	11.00-12.00	Move 2 Music	John Rolfe

Day	Time	Activity	Facilitator
Thursday	11.00-1.00	Exercise, Sport & Movement	Angela Pearce
Thursday	11.15-1.15	Lunch Club	Angie Lee
Thursday	1.30-2.30	Bowling	Shirley Woods
Thursday	1.30-2.30	Crafts	Jina Glashier
Friday	11.00-12.00	Disability Around The World	Sandra Lunan
Friday	11.00-1.00	Gym	John Rolfe
Friday	11.00-3.00	Physiotherapy	Maria Vejerano
Friday	1.45-2.30	Sensory Stories	Angie Lee Jina Glashier